## Nutrition tips for a healthy new year

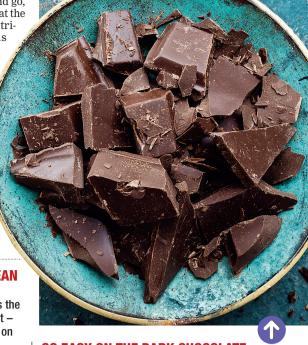


food fads come and go, and you realise that the most valuable nutrition guidance is built on decades of research, in which scientists have looked at a question from multiple perspectives to arrive at a consensus. Here are a few sciencebacked pearls

into 2024. **New York Times** 

### MEDITERRANEAN **DIET IS GOOD**

Research supports the Mediterranean diet which is centered on fruits, vegetables, whole grains, legumes, olive oil, nuts, herbs and spices as one of the



### **GO EASY ON THE DARK CHOCOLATE**

Dark chocolate has some of the highest levels of lead and cadmium (heavy metals that can harm the body). Enjoying it in moderation – no more than about an ounce per day, experts say - will keep your risk low.



### YOU PROBABLY DON'T NEED PROTEIN BARS

They're often marketed as a health food or as essential fuel for athletic performance, but most protein bars are loaded with sugar. You're better off meeting your protein needs with whole foods like yogurt, nuts, or eggs, experts say.

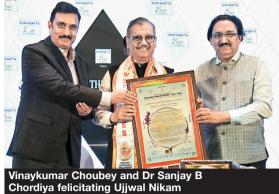
# Lawyer Ujjwal Nikam awarded for exemplary work in his field

tor and Padmashri awardee, advocate Ujjwal Nikam was recently awarded the Suryadatta Suryabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute, a gold medal, and a citation.

The lawyer was presented with the award by founder president and chairman of Suryadatta Education Foundation, professor Dr Sanjay B Chordiya. Commissioner of Police of Pimpri Chinch-

wad, Vinaykumar Choubey, principal of Suryadatta Law College, Dr Mithilesh Verma, Prof Ketaki Bapat, Prof Monica Sehrawat, and other dignitaries were present on the occasion at the Bansi Ratna Auditorium in the institute's Bavdhan campus.

Previously, the award has been conferred on former president of India, Ramnath Kovind, finance minister Nirmala Sitharaman, scientist Dr K Sivan, socialist Vajubhai Wala, General (Retd) Dr Dattatray Shekatkar, union minister Gajendra Singh Shekhawat, Shyam Jaju, Member of Parliament Supriya Sule, state minister Chandrakant Patil, Dr Shrirang Limaye, Dr Shankuntala Kale, Dr Chandrakant Kokate, IPS officer Vinavkumar Choubey, and others. During his visit to the institute's law college Nikam also



interacted with students and faculty

The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Self-confidence and rational thinking are qualities of a true lawyer, so much so that if a common man starts talking rationally, we say that he's speaking like

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawver can serve the country."

## **BIZARRE?**

## Groom's family calls off wedding over lack of mutton bone marrow on the menu

wedding was called off in Telangana as the groom's family was angry about mutton bone marrow not being served as part menu. Officials at the local police station tried to persuade the groom's family to resolve the fight but the group, incensed about what they called an "in sult", did not relent.

[3]



## **SUDOKU CHALLENGE**

IT'S OK TO DRINK COFFEE **ON AN EMPTY STOMACH** Some people may experience

heartburn, but there's no

on an empty stomach can

evidence that drinking coffee

damage your gastric lining or

system, experts say. On the

diabetes.

Level: Medium

otherwise harm your digestive

contrary, drinking coffee has been

linked to a longer life and a lower

risk of heart disease and Type 2

8	5					2		4
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2		3	9			7		
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	8		1		6		9	
		1		2				
		8			7	4		9
5				8				
4		2					8	7

HOW TO PLAY

Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution

# **TIMES KAKURO** Level: Medium

The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine.

## Note

A digit cannot appear more than once in any particular Example

digit combination. For instance in the example we cannot have the combination of 8+4+8 for 20.

## **LOOP THE LOOP**

■ Connect adjacent dots with vertical or horizontal lines, creating a single loop

(Fig A). ■ Crossovers or branches are not allowed

(As shown by dotted lines in Fig B). Numbers in the puzzle indicate the number of lines that should sur-

empty cells may be surrounded by any number of ■ You can't draw

round it, while

lines around ■ Each puzzle has just one unique

How to begin: Example (Fig A) Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as

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3 3

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend

### IT'S BEST TO START A DIET WITH A FRIEND SO YOU CAN STEAL REMEMBER. THEIR FOOD Rearrange BST00 the letters in the four word **DTIIO** iumbles, one letter to each **ERRNNU** square/circle. ordinary **FITYPY**

## THIS WILL BE MY STRONGEST FORT **CALVIN AND HOBBES** EVER .

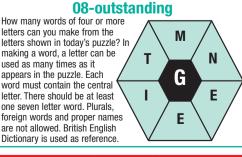






## **SPELLATHON Today's Ratings:**

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the centra letter. There should be at least one seven letter word. Plurals



05-average | 06-good |

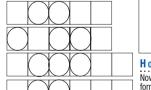
To list your event in this column, write two days in advance with a graph to Allahabad Times, 18/14E, Elgin Road, Civil Lines, Allahabad 211001. Or call: 0532-6061267 or email: lucknow.times@timesgroup.com

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 $^{\circ}$   $^{\circ}$  GET OUR ICE FROM THE FREEZER!"

## **SCRAMBLE**



Don't let someone else's of \_\_ become your reality. - Les Brown (7,.,3) HOW TO PLAY

Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

VIRGO: Let others take control for a while and you will be able to finally get finished with other projects. Work to encourage a cooperative

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FINOLEX

See what the stars have in store for you - according to your moon sign.

ARIES: There is someone who has tried to stir the pot and they won't get too far since you are aware that there's adversity everywhere. You accept the challenge and move forward. TAURUS: Use humor to focus on the lighter side of life. This helps put others at ease, too. A door closes behind you. On the other side, you realize

that change is an opportunity to expand in other **GEMINI:** Take a step back from a situation to allow your mind to rest. You have been using more brain energy but there's also a time to take a break. Someone in your life might not be picking up their fair share of the duties, don't be resentful since it harms you more than helps. CANCER: Something that was lost gets found and you find a new appreciation for this object. There's a need for balance in your day; be sure

LEO: Take a careful approach to a new work assignment and accept all help that is offered. Funds will become available to allow you to launch a creative project for a local charity. It will feel as if you've been holding your breath until you received confirmation of this offer.

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what you really want to do.

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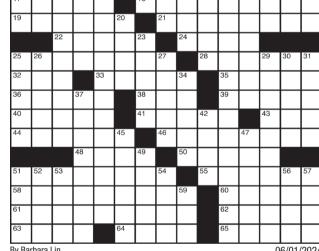
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skip around learning different things at different stages, but there really is no skipping ahead. So don't be jealous when you notice someone is at a stage that's foreign to you. All in good time. CAPRICORN: Concentration is impossible with all the other ideas floating around in your head. Separate fact from fiction by writing things down. Make sure you're on the same page before starting a big meeting today.

AQUARIUS: You've been through trying times and this isn't one of them. This is a "doing" time. Strike "trv" from the vocabulary. You already know the right action. Take it. Not celebrating your success would be a mistake. The small wins especially need acknowledgment. These daily tasks are the lifeblood of your hopes and

PISCES: Others are itching for a fight but if vou're willing to enlist the help of your friends they will back off very quickly and leave you alone. Don't allow others to drag you into their drama. Focus on personal projects.

THE DAILY CROSSWORD



ACROSS

1 Subject of the Caldecott Honor book "The Right

6 Lines of praise 10 "The \_\_\_ Tour": record-setting 2023-24 concert series

14 Butterfly's stage 15 Stroke of luck? 17 City between Bismarck and

Minneapolis on I-94 18 \_\_ store 19 Swiss cheese?

21 Camp site 22 Being of Jewish folklore 24 Unleavened flatbread

25 Band whose work is featured in the musical "Head Over Heels" 28 Go on and on

32 Cool kin 33 Relish 35 Cheek muscle, for short 36 Acrobat's company

38 AQI monitor

39 Played again 40 Brown ermine 41 "\_\_ Baby": 2020 film set during a Jewish ritual 43 Soul provider

44 Shirley Jackson's genre 46 Biological building block 48 Emotional wound

50 Assortment 51 Threat to some colonists 55 Seuss reptile 58 Barrier visited by tourists

60 Hawkeye missile 61 One who doesn't like



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65 Elusive Himalayans Down 1 Jazz motif 2 Ilhan who was the first person to wear a hijab

on the House floor 3 Remote target 4 Holiday concoction 5 Extremely tight 6 Omega, in physics

7 Rad Int 8 Bull in a product name 9 Salt, say 10 Theme that plays over

the closing credits 11 Hitchcock's first film in color 12 Soon. long ago

13 Third-qtr. month 16 Photogenic 20 Beneficiary of a Sonic boom? 23 Shifts

25 Refuse 26 Was compelled 27 Some campus returnees 29 Ragtime dance 30 Net income?

34 Yogurt-based condiment served with 24-Across 37 Counter points? 42 Über

31 Nephric

45 Souped-up junker 47 Nation known for temperance

49 "The Canterbury Tales" pilgrim 51 Peak

52 Time for some wrap parties 53 Zurich transport 54 Stagger

56 California wine town near Stockton 57 Short-horned bighorns 59 Calendar abbr

TIMES KAKURO

## **SOLUTIONS TO GAMES/PUZZLES** LOOP THE LOOP

## TIMES SUDOKU

Σ ĝ 2 × 2

Î× Î×E

SPELLATHON

teeing, TEEMING, tinge

8 7 6

SCRAMBLE

pecome your reality. - Les Brown Words: Boost/boots, idiot, runner, typity Answer: Don't let someone else's opinion of you look from

Willie. The

out on

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# Early avatar of Mickey Mouse is in the public domain now



Horror film and shooter game in the works, but later versions of the iconic character are still protected by copyright

Mickey from

Steamboat

Willie in a

black and

be freely

white avatar

that can now

re-envisioned

without any

copyright

claims

Mouse fan, here's some news to shake up your universe. Starting January 1, Disney no longer holds the copyright to the earliest version of the beloved cartoon character. This means that anyone can take this version of Mickey – a mischievous rat-like, non-speaking boat captain seen in the 1928 short film Steamboat Willie - and create their interpretations of it.

For creators and cartoonists, it's a once-in-alifetime window of op-

Mickey

was first seen in

colour in

The Band

Concert in

the film.

portunities that has opened up and some are already scrambling to create their own version of this early Mickey. By Monday, a trailer has been released of a planned shooter game, *Infestation 88*, in which Mickey hunts down players in a dark warehouse. A horror film, *Mickey's Mouse Trap* is in the works as well, where Mickey is a masked killer attacking people in an arcade.

Mind you, Mickey's later avatars, as shown in films like Fantasia (1940), with gloves, oversized shoes, and eyes with pupils, cannot be copied as Disney still holds copyright over them.

— Compiled by Dnyaneshwari Burghate



Mickey Mouse was co-created by Walt Disney and Ub Iwerks in 1928 US copyright law allows a copyright to be held for 95 years

 The law was updated twice, in 1976 and 1998 to delay Mickey Mouse's entry into the public domain, leading detractors to derisively call the act 'Mickey Mouse Protection Act'

 Other works that have entered the public domain this year are Charlie Chaplin's movie *Circus*, Virginia Woolf's novel *Orlando*, and Eugene O'Neill's play Long Day's Journey into Night Another Disney character, Winnie the Pooh, entered the public domain in January 2022. It was reimagined as a sledgehammer-carrying monster in a 2023 movie titled *Winnie the Pooh:* Blood and Honey

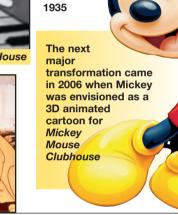
### **Combine mindfulness** sand exercise to boost mental health: Study ant to start 2024 with a new workout routine to feel fitter WHAT IS and happier? A new study **MINDFULNESS?** suggests that combining Mindfulness is an physical activity and mindapproach that can fulness is effective at lifting help us 'train up' the mood and improving health psychological and well-being. Researchers at the University of Bath said strengths we need to that mindfulness can motiexercise and be more

## **MICKEY'S FEATURES THAT ARE STILL SUBJECT TO COPYRIGHT**



Mickey was redesigned in 1939, in The Pointer, with his eves getting pupils and a shade of colour added to his face





2

[3]

2 3

1

2

HOW TO PLAY

Now arrange the letters in

answer to the riddle or to

fill in the missing word as

Don't let someone

else's \_\_\_ of \_\_ be-come your reality. -

Les Brown (7.3)

1 2 3 2

## **SUDOKU CHALLENGE**

HOW TO PLAY

in tune with our

us recognise its

Level: Mediur

benefits.

bodies, as well as

make exercising more

interesting and help

Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

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Rearrange

the four

jumbles,

word

each

the letters in

one letter to

square/cir-

four ordi-

nary words

cle, to make

vate people to start exercis-

ing in the first place, while

overcoming minor pain, dis-

comfort or feelings of failure

when exercising gets hard.

the combination of 8+4+8



## **LOOP THE LOOP**

3 1

2 2

2 2 1

■ Connect adjacent dots with vertical or horizontal lines, creating a single loop

 Crossovers or branches are not allowed (As shown by dotted lines in Fig B). Numbers in the puzzle indicate the

number of lines round it, while empty cells may be surrounded by any number of lines. ■ You can't draw lines around

zeroes. ■ Each puzzle has just one unique solution How to begin

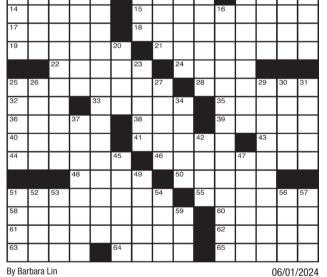
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3 3

dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).



Friday's Puzzle Solved

H Y P E A B U T

YEMENIBARNOXY

FRI

TOEANYAALARMS

BEARSKINRUGBY

SEAT

25 Refuse

26 Was compelled

29 Ragtime dance

27 Some campus

returnees

30 Net income?

34 Yogurt-based

24-Across

37 Counter points?

45 Souped-up junker

47 Nation known for

temperance

49 "The Canterbury

Tales" pilgrim

condiment served with

31 Nephric

42 Über

MONTHOFMAYBE

S H E A F G A L A

GENIUSBARBIE

DONOTPASSGOBI

LSUOLD

THE DAILY CROSSWORD

By Barbara Lin **ACROSS** 

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53 Zurich transport 54 Stagger 56 California wine town

near Stockton 57 Short-horned bighorns

20 Beneficiary of a Sonic 59 Calendar abbr.

61 One who doesn't like

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boom?



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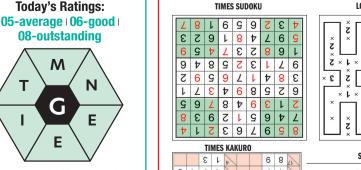
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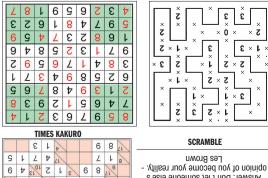
**BST00 DTIIO ERRNNU FITYPY** 



How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

**SPELLATHON** 

### **SOLUTIONS TO GAMES/PUZZLES** LOOP THE LOOP TIMES SUDOKU



Answer: Don't let someone else's Words: Boost/boots, idiot, runner, typi-7 E 1 9 11 L S 6 P 18 1 E 1 S 6 C 21 L S 6 C 1 S 1 S 6 C 1 S 1 S 6 C 1 S 1 S 1 S 6 C 1 S 1 S 6 C 1 S 1 S 6 C 1 S 1 S 6 C 1 S 1 S 6 C 1 ing, TEEMING, tinge gene, genie, gent, meeting, meting, tee-

## Nutrition tips for a healthy new year



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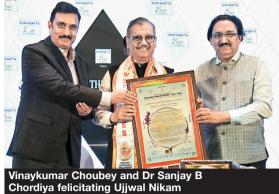
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Previously, the award has been conferred on former president of India, Ramnath Kovind, finance minister Nirmala Sitharaman, scientist Dr K Sivan, socialist Vajubhai Wala, General (Retd) Dr Dattatray Shekatkar, union minister Gajendra Singh Shekhawat, Shyam Jaju, Member of Parliament Supriya Sule, state minister Chandrakant Patil, Dr Shrirang Limaye, Dr Shankuntala Kale, Dr Chandrakant Kokate, IPS officer Vinavkumar Choubey, and others. During his visit to the institute's law college Nikam also



interacted with students and faculty

The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Self-confidence and rational thinking are qualities of a true lawyer, so much so that if a common man starts talking rationally, we say that he's speaking like

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawver can serve the country."

## **BIZARRE?**

## Groom's family calls off wedding over lack of mutton bone marrow on the menu

wedding was called off in Telangana as the groom's family was angry about mutton bone marrow not being served as part menu. Officials at the local police station tried to persuade the groom's family to resolve the fight but the group, incensed about what they called an "in sult", did not relent.

[3]



## **SUDOKU CHALLENGE**

IT'S OK TO DRINK COFFEE **ON AN EMPTY STOMACH** Some people may experience

heartburn, but there's no

on an empty stomach can

evidence that drinking coffee

damage your gastric lining or

system, experts say. On the

diabetes.

Level: Medium

otherwise harm your digestive

contrary, drinking coffee has been

linked to a longer life and a lower

risk of heart disease and Type 2

8	5					2		4
				1				8
2		3	9			7		
				9		3		
	8		1		6		9	
		1		2				
		8			7	4		9
5				8				
4		2					8	7

## HOW TO PLAY

Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

# **TIMES KAKURO** Level: Medium

The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine.

## Note

A digit cannot appear more than once in any particular digit combination. For instance in the example we cannot have the combi-

## nation of 8+4+8 for 20.

Example

Rearrange

the four

word

the letters in

iumbles, one

letter to each

square/circle.

ordinary

## **LOOP THE LOOP**

### ■ Connect adjacent dots with vertical or horizontal lines, creating a single loop

(Fig A). ■ Crossovers or branches are not allowed (As shown by dotted lines in Fig B).

Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may

be surrounded by any number of ■ You can't draw lines around

■ Each puzzle has just one unique How to begin: Example (Fig A)

Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is

**SCRAMBLE** 

a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

3 3

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend

# REMEMBER.

THIS WILL BE MY

STRONGEST FORT

EVER !

How many words of four or more

letters can you make from the letters shown in today's puzzle? In

making a word, a letter can be

word must contain the centra

letter. There should be at least

one seven letter word. Plurals

foreign words and proper names

are not allowed. British English

Dictionary is used as reference

used as many times as it appears in the puzzle. Each

CALVIN AND HOBBES



WITH THESE MASSIVE WALLS,

ATTACK!

I'LL BE SAFE FROM ANY





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BST00

**DTIIO** 

**ERRNNU** 

**FITYPY** 

9822042295 or anupamykapil@gmail.com See what the stars have in store for

you - according to your moon sign. ARIES: There is someone who has tried to stir

the pot and they won't get too far since you are aware that there's adversity everywhere. You accept the challenge and move forward. TAURUS: Use humor to focus on the lighter side of life. This helps put others at ease, too. A door closes behind you. On the other side, you realize that change is an opportunity to expand in other

**GEMINI:** Take a step back from a situation to allow your mind to rest. You have been using more brain energy but there's also a time to take a break. Someone in your life might not be picking up their fair share of the duties, don't be resentful since it harms you more than helps. CANCER: Something that was lost gets found and you find a new appreciation for this object. There's a need for balance in your day; be sure not to add too much to your plate leaving out what you really want to do.

LEO: Take a careful approach to a new work assignment and accept all help that is offered. Funds will become available to allow you to launch a creative project for a local charity. It will feel as if you've been holding your breath until you received confirmation of this offer.

VIRGO: Let others take control for a while and you will be able to finally get finished with other projects. Work to encourage a cooperative spirit among colleagues. Waiting until the last minute to get your work done is not going to make the boss happy today.

HOW TO PLAY

Don't let someone else's

reality. - Les Brown (7,.,3)

Now arrange the letters in the circles to

form the answer to the riddle or to fill in

the missing word as indicated

\_ of \_\_\_ become your

LIBRA: While it's sometimes better to decide how you'd like to feel and then cultivate that feeling, today it's better to keep it simple with a few tangible and measureable goals. You learn from every interaction. Some lessons improve your mood, and others dampen it. SCORPIO: A business venture needs a detached

and objective approach. Ask for time to think about an unexpected offer. Don't rush things in a romantic relationship. You might admire a new partner's spontaneity but can they really give you the long-term stability you desire? SAGITTARIUS: In the lessons of life, people may

skip around learning different things at different stages, but there really is no skipping ahead. So don't be jealous when you notice someone is at a stage that's foreign to you. All in good time. CAPRICORN: Concentration is impossible with all the other ideas floating around in your head. Separate fact from fiction by writing things down. Make sure you're on the same page before starting a big meeting today.

AQUARIUS: You've been through trying times and this isn't one of them. This is a "doing" time. Strike "trv" from the vocabulary. You already know the right action. Take it. Not celebrating your success would be a mistake. The small wins especially need acknowledgment. These daily tasks are the lifeblood of your hopes and

PISCES: Others are itching for a fight but if vou're willing to enlist the help of your friends they will back off very quickly and leave you alone. Don't allow others to drag you into their drama. Focus on personal projects.

THE DAILY CROSSWORD

Honor book "The Right

concert series

Bismarck and

musical "Head Over Heels" 28 Go on and on 32 Cool kin 33 Relish

35 Cheek muscle, for short 36 Acrobat's company

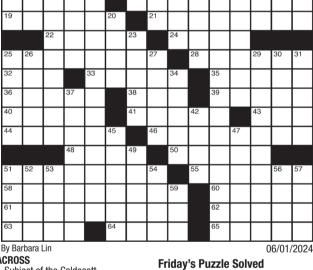
40 Brown ermine 41 "\_\_ Baby": 2020 film set during a Jewish ritual

genre 46 Biological building

50 Assortment 51 Threat to some colonists 55 Seuss reptile 58 Barrier visited by

tourists 60 Hawkeye missile 61 One who doesn't like

TIMES SUDOKU



CMON

HYPE

DONOTPASSGOBI

LSUOLDANITA

E L K O F R I H A S P

TOEANYAALARMS

SHEAF GALA

GENTIUSBARBIE

M A M A S

ALAMO

DINOS

BAES

ACROSS 1 Subject of the Caldecott

6 Lines of praise 10 "The \_\_\_ Tour": record-setting 2023-24

14 Butterfly's stage 15 Stroke of luck? 17 City between

Minneapolis on I-94 18 \_\_ store 19 Swiss cheese? 21 Camp site

22 Being of Jewish folklore 24 Unleavened flatbread 25 Band whose work is featured in the

38 AQI monitor 39 Played again

43 Soul provider 44 Shirley Jackson's

block 48 Emotional wound

62 Two-terminal device 63 Trees with oval leaves 64 Sub contractor? 65 Elusive Himalayans Down 1 Jazz motif 2 Ilhan who was the first

TANTE

ENDOW

to just yea?

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person to wear a hijab on the House floor 3 Remote target 4 Holiday concoction 5 Extremely tight

6 Omega, in physics 7 Rad Int

8 Bull in a product name 9 Salt, say 10 Theme that plays over the closing credits 11 Hitchcock's first film

in color 12 Soon. long ago 13 Third-qtr. month 16 Photogenic 20 Beneficiary of a Sonic boom?

23 Shifts

returnees 29 Ragtime dance 30 Net income? 31 Nephric 34 Yogurt-based condiment served with 24-Across

26 Was compelled

27 Some campus

25 Refuse

37 Counter points? 42 Über 45 Souped-up junker 47 Nation known for

temperance 49 "The Canterbury

Tales" pilgrim 51 Peak

52 Time for some wrap parties 53 Zurich transport 54 Stagger

56 California wine town near Stockton 57 Short-horned bighorns 59 Calendar abbr

## **SOLUTIONS TO GAMES/PUZZLES** LOOP THE LOOP

\[ \sum\_{\circ} \circ \hat{\circ} \ \circ \circ \hat{\circ} \ \circ \cir 2 × 2 ĵ× ĵ×ε

SCRAMBLE

TIMES KAKURO

SPELLATHON

8 7 6

teeing, TEEMING, tinge

## pecome your reality. - Les Brown Words: Boost/boots, idiot, runner, typity Answer: Don't let someone else's opinion of you

G

Write three days in advance with a photograph to: Fax. 0542-223032Email: lucknow.times@timesgroup.com

**SPELLATHON** 

**Today's Ratings:** 

05-average | 06-good |

**08-outstanding** 

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 $^{\circ}$   $\mathrm{I}^{\prime}$ VE NEVER BEEN  $\mathit{ICE}$   $\mathit{FISHIN}^{\prime}$ . WE JUST GET OUR ICE FROM THE FREEZER!"

Essential tips for cardiac care in winter

challenges, especially for heart health. Dr Swapnil Garde says that the dropping temperatures can pose risks to cardiovascular well-being if not managed properly. "An analysis found that days that had extreme heat, extreme cold or high levels of fine particulate matter (PM2.5) air pollution were significantly associated with the risk of death from a heart attack, especially in women and older adults. Here are some crucial tips to help safeguard your heart during the colder months," says the doctor, and suggests a few tips to maintain proper heart health in win-

### **Stay Active, Stay Warm:**

Winter often tempts us to stay indoors, but don't let the cold freeze your exercise routine. Engage in indoor workouts or bundle up and go for a brisk walk when the sun is out.

### Maintain a Heart-Healthy Diet:

Embrace seasonal fruits and vegetables abundantly. Incorporate omega-3 rich foods like nuts, seeds, and fish into your diet. Warm soups, herbal teas, and hot meals can not only keep you cosy but also promote heart health.

### **Dress Appropriately:**

Layering clothing is essential to protect yourself from the cold. Sudden drops in temperature can strain the heart, so ensure you're dressed warmly when stepping outside.

## **Keep Indoor Temperatures**

Moderate:

While it's tempting to crank up the heater, extreme indoor temperatures can strain the heart. Maintain a moderate room temperature to prevent sudden temperature fluctuations, which can stress



the cardiovascular system. Avoid fluctuation in temperatures.

### **Monitor Blood Pressure and Cholesterol:**

Regularly check your BP and cholesterol levels, especially during winter. Cold weather can elevate blood pressure, so monitoring it becomes crucial to manage potential risks. Get your body composition analysis done to check your

### Stay Hydrated:

Despite the cold, it's important to stay hydrated. Dry winter air can dehydrate the body, impacting blood circulation and making the heart work harder. Aim to drink adequate water throughout the day(not for patients with heart failure). Follow medical advice:

If you have a pre-existing heart condi-

tion, follow your doctor's advice diligently. Winter might require adjustments to medication or lifestyle changes to ensure optimal heart health. Check your blood pressure, body composition, and cholesterol level in

### body. Vaccination and precautions:

Keeping up with seasonal vaccinations, especially the flu (influenza and pneumococcus) vaccine. Respiratory infections like the flu can put added stress on the heart and cause at-

### **Travelling:**

This season also offers vacations. Due to changes in schedule food and environment there are wide fluctuations in blood pressure, sugars and heart health. One should travel consciously, if you have crossed 40 years of age get yourself evaluated from a cardiac angle before travelling. Keep emergency medications handy at home and in travel bags. These can be



time, but they demand extra care for vour heart. By staying active, maintaining a heart-healthy lifestyle, and being mindful of the impact of colder temperatures, you can safe-

dia are a beautiful

guard your cardiovascular health." Dr Swapnil Garde Consultant Interventional Cardiologist Sagar Multispecialty Hospital &

Cardiocare Clinic ,C-01 Vidhya Nagar, Narmadapuraam Road, Opposite Bagsewaina Police Station Call: 7723019818

The views/suggestions/opinions/data in the article are the sole responsibility of the expert/organisation

## Lawyer Ujjwal Nikam awarded for exemplary work in his field



Vinaykumar Choubey and Dr Sanjay B Chordiya felicitating Ujjwal Nikam

ell-known public prosecutor and Padmashri awardee, advocate Ujiwal Nikam was recently awarded the Survadatta Survabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute, a gold medal, and a citation.

The lawyer was presented with the award by founder president and chairman of Suryadatta Education Foundation, professor Dr Sanjay B Chordiva. Commissioner of Police of Pimpri Chinchwad, Vinaykumar Choubey, principal of Survadatta Law College. Dr Mithilesh Verma, Prof Ketaki Banat Prof Monica Sehrawat and other dignitaries were present on the occasion at the Bansi Ratna Auditorium in the institute's Bavdhan campus.

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The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Self-confidence and rational thinking are qualities of a true lawver, so much so that if a common man starts talking rationally, we say that he's speaking like a lawyer.'

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawyer can serve the country."

## Celebrity astro-numerologist Anupam V Kapil explains your annual moon sign forecast and its impact on your career and health



Jupiter's aspect on your sign till April brings gains and noteworthy friendships, and is also beneficial for marriage. Those in teaching, acting and training will especially benefit till April. From May, Jupiter will be in the unfavour-

able eighth house, affecting health, causing fatigue, fruitless journeys and loss of money. However it creates vipreet raj yog giving gains in unlikely situations where you are the underdog and otherwise stand no chance. Buying a new property, renovation or vehicle is very likely between February 12 to March 6 and October 17 to November 6. Misunderstandings and loss of friends is seen in April and May. Saturn in fifth shows decline in prosperity in the second half of the year. Gain in service through employers or subordinates is seen. Of course, enemies will keep troubling you, but you will simply demolish them. Success in competitive examinations, sports and politics is seen. You will also find loyal servants who will carry out your work efficiently during this

CAREER: Jupiter helps your career till April. Smart gains till January 18, wealth comes between February 1-19 and June 1-14. Career growth and wealth between June 29 to September 22 due to favourable Mercury and Venus transits.

**HEALTH:** Health needs attention between April 1-16 and May 13 to May end due to Rahu-Mars conjunction in sixth house and Sun-Jupiter conjunction in eighth house, which is quite depleting to health. Guard your liver in the second half of the year, cut down on oily food and avoid liquor. Any efforts made on health and fitness will give very good results, it's a good time to consult a profes-

Changes in your life take place from July, though Jupiter changes for the good only in May. Till April, expect relatives and enemies to bother you. Saturn in the fourth house brings loss of wealth, domestic unease, lack of comfort from spouse and child. However, from May, Jupiter com-



pensates on the wealth front and gives good journeys for auspicious purposes. Rahu in the fifth house puts focus on love affairs, education, planning, intuition, creativity and entertainment sec-

tor. Your way of looking at situations and dealing with them undergoes a major transfor-

mation as you shall use very creative and intelligent methods to resolve issues. Education of students and children are likely to be affected, you will be worried by their demanding nature too. Avoid wearing grey and black colours. You will have misunderstandings, loss of friends and death of elders who are sick is likely.

CAREER: Professionals, businessmen and job aspirants will get success between January 14 to February 14, April 15 to May 15, June 1-15, and August 17 to October 15. During this period financial gains too shall be quite smart. Rewards, big financial gains, promotions and limelight are indicat-

ed on November 18 to December 15. **HEALTH:** Till April, control your diet, cut down on oil and fat as your cholesterol is likely to increase. Mars-Saturn conjunction in April 5 to 13 and Rahu-Mars conjunction between May 13 to 22, suggests extreme care, especially to those suffering from cardiac issues and digestive issues and the legs. Guard against apoplexy and blood pressure between September 17-30.



The year starts on a good note, Jupiter helps in all pursuits till April, as does Saturn in the sixth house throughout the year. Mars is favourable from SAGITTARIUS March 15 to April 23 giving victory, joy and accumula-

tion of gold ornaments. Trouble to your property, position and children are seen post April, when Jupiter moves through the 10th house from May 2024 to May 2025. Rahu moves through in the fourth house, which represents your mental state, mother, happiness, vehicles, property matters, education etc. Happiness



DR. SWAPNIL GARDE

connected with these will be elusive and a source of concern for you. Disputes with family and relatives, destruction to property, bodily pains, stomach pains and obstacles in job are indicated. Property disputes must be settled amicably before April, even if a deal which seems loss making, as anyway a lot of money may be spent on litigation later. Losses in litigation between November 16 to December 16 is seen.

**CAREER:** Working professionals are subject to sudden transfers and twists in career which are not to your liking. Don't argue with seniors and authorities. February to April, September 18 to October 29 are great for big income and also for new promotions, jobs, contracts in business. Marriage is possible in January and April.

**HEALTH:** May, July 15 to August 15 are not at all good for your and child's health. November 16 to December 16 is very sensitive as Rahu trains Mars in the eighth house and Sun in the twelfth house, visits to hospitals will be there.



2024 is an exciting year, after passing challenges till April, you can look forward to a very promising year from May. Till April, Jupiter in the fourth house brings sorrow on account

of relatives, humiliation and CAPRICORN danger from quadrupeds.

However, from May, Jupiter's aspect on your sign till May 2024, brings royal favour, gain of position, promotion, wealth, happiness from relatives, success in all activities, Saturn brings discipline on your spending and finances and managing family matters within constraints. Rahu is in the third house increasing your willpower, removing obstacles, giving gains through short term travels, siblings, communications and media matters. Satisfaction and completion of works, gains through the schemes vou prepare and unexpected big gains, travel opportunities and material pleasures are indicated. Spiritual travels to new places are seen. Health of younger siblings will suffer. Gains from youngsters, friends along with a growth in image is indicated.

CAREER: Boost in income and sources is seen, but avoid partnerships. Finances shall be good till January 17, March 7-30, April 25 to May 18, promotions, business gains, better jobs are likely in April 25 to May 18, September 18 to November 6 **HEALTH:** You might have excessive heat and fever between January to February 5. Between June 16-22, Rahu's aspect on sixth house shows that health matters need attention, diseases will be treated but not completely cured, infections of the face/eye are indicated, and act speedily in such an event. ENT and eye issues crop up, get regular check ups done.



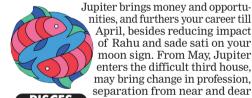
Though you are in the middle of your sade sati, Saturn rarely harms you, though it may restrict your free will, as it is in its moooltrikona rashi. Jupiter, the

planet of hope has not been favourable last year, it moves to AQUARIUS your fourth house and brings sorrow through relatives and

humiliation. Avoid clashes with bosses, seniors, government in April and May as this could harm your prospects. Good yogas for renovation, buying property, vehicles are seen on January 28 to February 12, May 29 to June 11 and October 13 to November 7, these periods will also see joyous moments at home. Health of spouse suffers in April. Should avoid disputes with neighbours or brothers in last week of May. Rahu in your wealth sector in 2024, induces you to be rough in speech and be manipulative in earning money through unethical means, such money may also be misused for wrong purposes. Loss of wealth is likely, through governmental action or due to being too casual with money matters and spending indiscriminately or on wrong purposes. Extreme caution is advised in speech as it can create enemies and loss of money. Old debts will be cleared but money will be lost in new ventures due to speculative tendencies and carelessness.

**CAREER:** Career gains, new job opportunities, promotions, business growth till February 4, steady growth in March, then June 1 to July 11. Finances shall be excellent till February 20 and from March 7 to April 24, May 19 to June 11, September 23 to October 10, November 7-30 and December is the best period for growth of career and finances.

**HEALTH:** Sensitive periods for health are April-May, affected areas are heart, face, legs, teeth, avoid any surgery during this period. July 17 to August 15 and September 17 to October 15 are also weak periods for health.



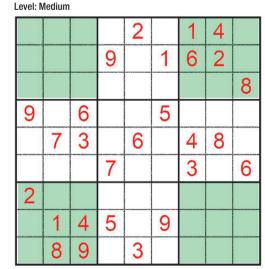
April, besides reducing impact of Rahu and sade sati on your moon sign. From May, Jupiter enters the difficult third house, may bring change in profession. separation from near and dear ones and impediments in all actions. Post May, is not a good pe-

riod to start new business or jobs, except as indicated in the career section. For buying property, renovations, vehicles, January 7-31st, June 12 to July, August 26 to October 19 is favourable. Rahu on the moon sign in 2024, brings bodily afflictions or loss, don't trust anyone blindly. Suffering to mother possible around April 1-15, August 21 to September 11 and October 17-30. Avoid being guarantor to any loan or bail. Rahu transit clouds your emotions and thought process. Not the best time to marry as Rahu aspect on your marriage and partnership also affects your fathers health. Kids are prone to bad company and bad habits.

**CAREER:** January to February 15 are fantastic for your career. Finances remain quite good between April 25 to May 18, June to October 20 and December 2-27.

**HEALTH:** Smokers, alcoholics and those with cardiac issues must consult your doctor frequently. Being very alert to sudden health deterioration between April 1-15, May 15-22, and August 21-September 11 too is very delicate. Take care of blood pressure from October 17-30. Safeguarding of health is necessary against infection and diseases. Physical and mental unrest due to excessive thinking is seen, voga and meditation will help, especially the chanting of Rahu mantra.

## SUDOKU CHALLENGE



### **HOW TO PLAY**

Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution

## **SPELLATHON**

Today's Ratings: 10-average 11-good 13-outstanding

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference



**TIMES KAKURO** 

## **HOW TO PLAY**

The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine.

appear more than once in any particular digit combination. For instance in the example, we cannot have the combination of 8+4+8 for 20.

## Example

## **SCRAMBLE**

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words **GSEEE POONS ESULLN IIVYFV** 

**HOW TO PLAY** Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

is the beginning of a lifelong romance. Oscar Wilde (4,7)

(Fig A)

2

[3]

Not allowed

## **LOOP THE LOOP**

## **RULES**

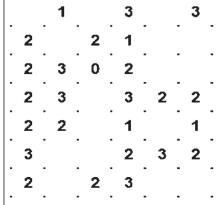
solution.

· Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A)

- Crossovers or branches are not allowed (As shown by dotted lines in Fig B). • Numbers in the puzzle indicate the number of lines that should surround it,
- while empty cells may be surrounded by any number of lines. · You can't draw lines around zeroes. • Each puzzle has just one unique

## **HOW TO BEGIN:**

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.



Hints: Keep eliminating possibilities by marking crosses know the three lines of 3 can only be drawn in the remaining in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).

## **SOLUTIONS TO GAMES/PUZZLES TIMES SUDOKU**

## 8 6 2 8 1 7 9 9 7 9 9 8 7 8 9 1 8 4 9 6 8 7 8 9 1 8 4 9 1 2 2 8 8 6 9 4 6 8 E 6 L 7 9 Z S L L Z 9 L S 6 8 E 7 S 7 L E Z 8 L 6 9

## LOOP THE LOOP





## aide, aided, dead, dean, died, **SCRAMBLE**

beginning of a lifelong romance. Oscar Wilde Answer: To love oneself is the

Nords: Geese, snoop/spoon, sullen, vivify

to the list of 100 worst foods in instead. the world, and it's Aloo Baingan. On the 60th spot, this announcment has generated mixed responses and debates over the rating online.

how they actually feel Aloo Baingan spices. is the best dish they have ever had, others pointed out a variety of dish-

ust one Indian dish has made it es that should have been on the list

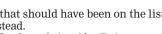
On the website, Aloo Baingan was described as a "simple and flavourful dish made with a combination of egg plants and potatoes, cooked together While some shared opinions on with onions, tomatoes, and various

Check out some of the responses:

## EntertainmentIll3149 22 m. ago

I don't know why it is on that list. My mom often makes aloo baingan and I like it, if it were bottle gourd or pumpkin, I would have understood, but aloo baingan are not bad at all. Either I am the weird one for liking this or my mom is a great cook that she an make tasty aloo baingan

oreo\_thefluffyboss Lol... this is insane... baigan is love. Go to indian villages and you will see how its really made. Vegetable we get there and in cities have different Tastes, and in cities is almost negligible. Also, the style of cooking is way better there. Inko bolo humari nani dadi se banwayein n fir rate karein... sahi bat hai inki chef or mummy achcha nhi banati to hum kya karein 😂 😂



Ishwar Singh 📀 @IshwarBagga

It cannot be ranked below Karela(Bitter Gourd).

ranjeetkhanduja The Maharashtrian version of Aloo Baigan ( Rassa or curry) is probably the best vegetarian dish I have tasted in my life. It depends on how it is cooked.

### disinformatique • 21 hr. ago

Baingan bharta is one of the best dishes in the world!! Gotta roast it on flame to get the best texture, aroma and taste. Plus lots of onions, tomatoes, garlic and

## The science of daydreaming

study led by Harvard Medical School researchers is one step closer to understanding what happens in the brain during daydreaming.

The researchers monitored the activity of neurons in the visual cortex of mouse brains while the animals were awake and silent. They discovered that these neurons occasionally activated in a fashion similar to that seen when a mouse gazed at a real

image, suggesting that the mouse was thinking--or daydreaming--about the im-

"We wanted to know how this daydreaming process occurred on a neurobiological level and whether these moments of quiet reflection could be important for learning and memory," said lead author Nghia Nguyen, a PhD student in neurobiology.



# Lawyer Ujjwal Nikam awarded for exemplary work in his field

ly awarded the Suryadatta Suryabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute, a gold medal, and a citation.

The lawyer was presented with the award by founder president and chairman of Suryadatta Education Foundation, professor Dr Sanjay B Chordiya. Commissioner of Police of Pimpri Chinchwad, Vinaykumar Choubey, principal of Suryadatta Law College, Dr Mithilesh Verma, Prof Ketaki Ba-

pat, Prof Monica Sehrawat, and other dignitaries were present on the occasion at the Bansi Ratna Auditorium in the institute's Bavdhan

Previously, the award has been conferred on former president of India, Ramnath Kovind, finance minister Nirmala Sitharaman, scientist Dr K Sivan, socialist Vajubhai Wala, General (Retd) Dr Dattatray Shekatkar, union minister Gajendra Singh Shekhawat, Shyam Jaju, Member of Parliament Supriya Sule, state minister Chandrakant Patil, Dr Shrirang Limaye, Dr Shankuntala Kale, Dr Chandrakant Kokate, IPS officer Vinaykumar Choubey, and others. During his visit to the institute's law college Nikam also interacted with students and faculty.



The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Selfconfidence and rational thinking are qualities of a true lawyer, so much so that if a common man starts talking rationally, we say that he's speaking like a lawyer."

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawyer can serve

## Eat right to cut heart attack risk

who skip their first meal of the day or eat a late breakfast and dinner? Beware, you may be at risk of heart attack, warns a study.

The study suggested eating the first meal of the day at 8 am and dinner by 8 pm to avoid the risk of cardiovascular disease. When it comes to the last meal of the day, eating late (after 9 pm) is associated with a 28 per cent increase in the risk of cerebrovas cular disease such as stroke compared with eating before 8 pm

[3]



## **SUDOKU CHALLENGE**

8	5					2		4
				1				8
2		3	9			7		
				9		3		
	8		1		6		9	
		1		2				
		8			7	4		9
5				8				
4		2					8	7

HOW TO PLAY

REMEMBER.

Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

IT'S BEST TO START A DIET WITH A FRIEND

WITH THESE MASSIVE WALLS,

ATTACK!

I'LL BE SAFE FROM ANY

# **TIMES KAKURO** Level: Medium

HOW TO PLAY

The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine.

SO YOU CAN STEAL

THEIR FOOD

## A digit cannot appear more

than once in any particular digit combination. For instance in the example, we cannot have the combination of 8+4+8 for 20.

Example

Rearrange

the letters in

the four word

jumbles, one

letter to each

square/circle

to make four

words

## **LOOP THE LOOP**

■ Connect adjacent dots with vertical or

horizontal lines, creating a single loop ■ Crossovers or branches are not allowed

(As shown by dotted lines in Fig B). ■ Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may

be surrounded by any number of You can't draw lines around

■ Each puzzle has just one unique How to begin: Example (Fig A) Begin with the zero

next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is

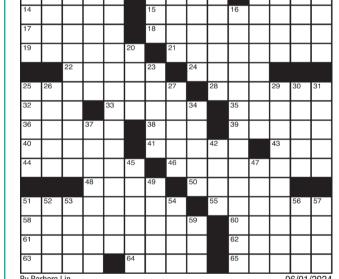
**SCRAMBLE** 

a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

3 3

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend





ACROSS 1 Subject of the Caldecott Honor book "The Right

6 Lines of praise 10 "The \_\_\_ Tour": record-setting 2023-24

concert series 14 Butterfly's stage 15 Stroke of luck? 17 City between

Bismarck and Minneapolis on I-94

18 \_\_ store 19 Swiss cheese? 21 Camp site

22 Being of Jewish folklore 24 Unleavened flatbread 25 Band whose work is featured in the

musical "Head Over Heels" 28 Go on and on 32 Cool kin 33 Relish

35 Cheek muscle, for short 36 Acrobat's company 38 AQI monitor 39 Played again

40 Brown ermine 41 "\_\_ Baby": 2020 film set during a Jewish ritual 43 Soul provider

44 Shirley Jackson's genre 46 Biological building block 48 Emotional wound

50 Assortment 51 Threat to some colonists 55 Seuss reptile 58 Barrier visited by

tourists 60 Hawkeye missile 61 One who doesn't like Friday's Puzzle Solved CMON

ALAMO DINOS DONOTPASSGOBI LSUOLDANITA GENIUSBARBIE TOEANYAALARMS SHEAFGALA BAES TANTE ENDOW

25 Refuse

26 Was compelled

27 Some campus

29 Ragtime dance

30 Net income?

34 Yogurt-based

24-Across

37 Counter points?

45 Souped-up junker

47 Nation known for

condiment served with

31 Nephric

42 Über

returnees

to just vea? 62 Two-terminal device 63 Trees with oval leaves 64 Sub contractor?

65 Elusive Himalayans Down 1 Jazz motif 2 Ilhan who was the first

person to wear a hijab on the House floor 3 Remote target

4 Holiday concoction 5 Extremely tight 6 Omega, in physics 7 Rad Int

8 Bull in a product name 9 Salt, say 10 Theme that plays over the closing credits

11 Hitchcock's first film in color 12 Soon, long ago 13 Third-qtr. month 16 Photogenic 20 Beneficiary of a Sonic

temperance 49 "The Canterbury Tales" pilgrim 51 Peak 52 Time for some wrap parties

53 Zurich transport 54 Stagger

56 California wine town near Stockton

57 Short-horned bighorns 59 Calendar abbr

TIMES KAKURO

## **SPELLATHON**

**Today's Ratings:** 05-average | 06-good | **08-outstanding** 

THIS WILL BE MY

STRONGEST FORT

EVER !

**CALVIN AND HOBBES** 



How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle Each word must contain the central letter. There should be at least one seven letter word Plurals, foreign words and proper names are not allowed. British **English Dictionary is** used as reference.

Write in advance to Events, Bhubaneswar Times, The Times of India, 7th floor, Z-Estate building, near KIIT Square, Patia, Bhubaneswar-751021, Fax-2575844, phone-2571908, Email-bhubaneswar.times@indiatimes.com

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 $^{\circ}$   $^{\circ}$  GET OUR ICE FROM THE FREEZER!"



BST00

**DTIIO** 

**ERRNNU** 

**FITYPY** 

See what the stars have in store for you - according to your moon sign.

the pot and they won't get too far since you are aware that there's adversity everywhere. You accept the challenge and move forward. TAURUS: Use humor to focus on the lighter side of life. This helps put others at ease, too. A door closes behind you. On the other side, you realize that change is an opportunity to expand in

ARIES: There is someone who has tried to stir

**GEMINI:** Take a step back from a situation to allow your mind to rest. You have been using more brain energy but there's also a time to take a break. Someone in your life might not be picking up their fair share of the duties, don't he resentful since it harms you more than helps. CANCER: Something that was lost gets found and you find a new appreciation for this object. There's a need for balance in your day; be sure

LEO: Take a careful approach to a new work assignment and accept all help that is offered. Funds will become available to allow you to launch a creative project for a local charity. It will feel as if you've been holding your breath until you received confirmation of this offer.

not to add too much to your plate leaving out

what you really want to do.

VIRGO: Let others take control for a while and you will be able to finally get finished with other projects. Work to encourage a cooperative spirit among colleagues. Waiting until the last minute to get your work done is not going to make the boss happy today. LIBRA: While it's sometimes better to decide

how you'd like to feel and then cultivate that

HOW TO PLAY

Don't let someone else's

reality. - Les Brown (7,.,3)

Now arrange the letters in the circles to

form the answer to the riddle or to fill in

the missing word as indicated

\_ of \_\_\_ become your

feeling, today it's better to keep it simple with a few tangible and measureable goals. You learn from every interaction. Some lessons improve your mood, and others dampen it. SCORPIO: A business venture needs a detached and objective approach. Ask for time to think about an unexpected offer. Don't rush things in

a romantic relationship. You might admire a new partner's spontaneity but can they really give you the long-term stability you desire? SAGITTARIUS: In the lessons of life, people may skip around learning different things at different stages, but there really is no skipping ahead. So don't be jealous when you notice someone is at

a stage that's foreign to you. All in good time.

CAPRICORN: Concentration is impossible with all the other ideas floating around in your head. Separate fact from fiction by writing things down. Make sure you're on the same page before starting a big meeting today. AQUARIUS: You've been through trying times and this isn't one of them. This is a "doing" time. Strike "trv" from the vocabulary. You already know the right action. Take it. Not celebrating

your success would be a mistake. The small wins especially need acknowledgment. These daily tasks are the lifeblood of your hopes and PISCES: Others are itching for a fight but if

you're willing to enlist the help of your friends they will back off very quickly and leave you alone. Don't allow others to drag you into their drama. Focus on personal projects.

## **SOLUTIONS TO GAMES/PUZZLES**

23 Shifts

## 8 7 6

TIMES SUDOKU

\[ \sum\_{\circ} \circ \hat{\circ} \ \circ \circ \hat{\circ} \ \circ \cir 2 × 2 Î× Î×E

LOOP THE LOOP

SPELLATHON

teeing, TEEMING, tinge

SCRAMBLE

become your reality. - Les brown Words: Boost/boots, idiot, runner, typity
Answer: Don't let someone else's opinion of you
Answer: Don't let someone else's opinion of you Celebrity astro-numerologist Anupam V Kapil explains your annual moon sign forecast and its impact on your career and health



Jupiter's aspect on your sign till April brings gains and noteworthy friendships, and is also beneficial for marriage. Those in teaching, acting and training will especially benefit till April. From May, Jupiter will be in the unfavourable eighth house, af-

fecting health, causing fatigue, fruitless journevs and loss of money. However it creates vipreet raj yog giving gains in unlikely situations where you are the underdog and otherwise stand no chance. Buying a new property, renovation or vehicle is very likely between February 12 to March 6 and October 17 to November 6. Misunderstandings and loss of friends is seen in April and May. Saturn in fifth shows decline in prosperity in the second half of the year. Rahu in your sixth house through 2024 is expected to be largely favourable, you shall clear and win litigations. Gain in service through employers or subordinates is seen. Of course, enemies will keep troubling you, but you will simply demolish them. Success in competitive examinations, sports and politics is seen. You will also find loyal servants who will carry out your work efficiently during this period. Spiritual trips will also happen.

Career: Jupiter helps your career till April. Smart gains till January 18, wealth comes between February 1-19 and June 1-14. Career growth and wealth between June 29 to September 22 due to favourable Mercury and Venus

**Health:** Health needs attention between April 1-16 and May 13 to May end due to Rahu-Mars conjunction in sixth house and Sun-Jupiter conjunction in eighth house, which is quite depleting to health. Guard your liver in the second half of the year, cut down on oily food and avoid liquor. Any efforts made on health and fitness will give very good results, it's a good time to consult a professional.



Changes in your life take place from July, though Jupiter changes for the good only in May. Till April, expect relatives and enemies to bother you. Saturn in the fourth house brings loss of wealth, domestic unease,

lack of comfort from spouse and child. However, from May, Jupiter compensates on

the wealth front and gives good journeys for auspicious purposes. Rahu in the fifth house puts focus on love affairs, education, planning, intuition, creativity and entertainment sector. Your way of looking at situations and dealing with them undergoes a major transformation as you shall use very creative and intelligent methods to resolve issues. Education of students and children are likely to be affected, you will be worried by their demanding nature too. Not a good period to produce new babies. Avoid wearing grey and black colours. You will have misunderstandings, loss of friends and death of elders who are sick is likely. Love affairs

Career: Professionals, businessmen and job aspirants will get success between January 14 to February 14, April 15 to May 15, June 1-15, and August 17 to October 15. During this period financial gains too shall be quite smart. Rewards, big financial gains, promotions and limelight are indicated on November 18 to De-

Health: Till April, control your diet, cut down on oil and fat as your cholesterol is likely to increase. Mars-Saturn conjunction in April 5 to 13 and Rahu-Mars conjunction between May 13 to 22, suggests extreme care, especially to those suffering from cardiac issues and digestive issues and the legs. Guard against apoplexy and blood pressure between September 17-30.

The year starts on a good note, Jupiter helps in all pursuits till April, as does Saturn in the sixth house throughout the year. Mars is favourable from March 15 to April 23 giving victory, joy and accumulation of gold ornaments.



For appointments: ANUPAM V KAPIL 9822042295 or anupamvkapil@gmail.com

Trouble to your property, position and children are seen post April, when Jupiter moves through the 10th house from May 2024 to May 2025. Rahu moves through in the fourth house, which rep-SAGITTARIUS resents your mental

state, mother, happiness, vehicles, property matters, education etc. Happiness connected with these will be elusive and a source of concern for you. Disputes with family and relatives, destruction to property, bodily pains, stomach pains and obstacles in job are indicated. Health of your mother will be a concern, do not neglect the slightest health deviations, get prompt medical attention. Property disputes must be settled amicably before April, even if a deal which seems loss making, as anyway a lot of money may be spent on litigation later. Losses in litigation between November 16 to December 16 is seen. Religious travels to the south direction and dips in holy rivers are indicated.

areer: Working professionals are subject to sudden transfers and twists in career which are not to your liking. Don't argue with seniors and authorities. February to April, September 18 to October 29 are great for big income and also for new promotions, jobs, contracts in business. Marriage is possible in January and April.

**Health:** May, July 15 to August 15 are not at all good for your and child's health. November 16 to December 16 is very sensitive as Rahu trains Mars in the eighth house and Sun in the twelfth house, visits to hospitals will be there.



2024 is an exciting year, after passing challenges till April, you can look forward to a very promising year from May. Till April, Jupiter in the fourth house brings sorrow on account of relatives, humiliation and danger CAPRICORN from quadrupeds. How-

ever, from May, Jupiter's aspect on your sign till May 2024, brings royal favour, gain of position, promotion, wealth, happiness from relatives, success in all activities, Saturn brings discipline on your spending and finances and managing family matters within constraints. Rahu is in the third house increasing your willpower, removing obstacles, giving gains through short term travels, siblings, communications and media matters. Satisfaction and completion of works, gains through the schemes you prepare and unexpected big gains, travel opportunities and material pleasures are indicated. Spiritual travels to new places are seen. Health of younger siblings will suffer. Gains from youngsters, friends along with a growth in image is indicated. Gains with people from different backgrounds is seen.

Career: Boost in income and sources is seen. but avoid partnerships. Finances shall be good till January 17, March 7-30, April 25 to May 18, promotions, business gains, better jobs are likely in April 25 to May 18, September 18 to No-

Health: You might have excessive heat and fever between January to February 5. Between June 16-22, Rahu's aspect on sixth house shows that health matters need attention, diseases. will be treated but not completely cured, infections of the face/eye are indicated, and act speedily in such an event. ENT and eve issues

crop up, get regular check ups done.

Though you are in the middle of your sade sati. Saturn rarely harms you, though it may restrict your free will, as it is in its moooltrikona rashi. Jupiter, the planet of hope has not been favourable last year, it moves to your fourth house and brings sorrow AQUARIUS

through relatives and humiliation. Avoid clashes with bosses, seniors government in April and May as this could harm your prospects. Good yogas for renovation, buying property, vehicles are seen on January 28 to February 12, May 29 to June 11 and October 13 to November 7, these periods will also see joyous moments at home. Health of spouse suffers in April. Should avoid disputes with neighbours or brothers in last week of May. Rahu in your wealth sector in 2024, induces you to be rough in speech and be manipulative in earning money through unethical means, such money may also be misused for wrong purposes. Loss of wealth is likely, through governmental action or due to being too casual with money matters and spending indiscriminately or on wrong purposes. Despite these trends, transits of Venus-Mercury bring in enough money this year, you will need to be very cautious to save this. Extreme caution is advised in speech as it can create enemies and loss of money. Old debts will be cleared but money will be lost in new ventures due to speculative tendencies and carelessness. Career: Career gains, new job opportunities, promotions, business growth till February 4, steady growth in March, then June 1 to July 11. Finances shall be excellent till February 20 and from March 7 to April 24, May 19 to June 11, September 23 to October 10, November 7-30 and December is the best period for growth of career and finances

**lealth:** Sensitive periods for health are April-May, affected areas are heart, face, legs, teeth, avoid any surgery during this period. July 17 to August 15 and September 17 to October 15 are also weak periods for health.



Jupiter brings money and opportunities, and furthers your career till April, besides reducing impact of Rahu and sade sati on your moon sign. From May, Jupiter enters the difficult third house, may bring change in profession, separation from near and dear ones and impediments in all ac-

tions. Post May, is not a good period to start new business or jobs, except as indicated in the career section. For buying property, renovations, vehicles, January 7-31st, June 12 to July, August 26 to October 19 is favourable. Rahu on the moon sign in 2024, brings bodily afflictions or loss, don't trust anyone blindly. Suffering to mother possible around April 1-15, August 21 to September 11 and October 17-30. Avoid being guarantor to any loan or bail. Rahu transit clouds your emotions and thought process. Not the best time to marry as Rahu aspect on your marriage and partnership also affects your fathers health. Kids are prone to bad company and bad habits, especially when on vacations, keep a watch. Be alert to fraud and conspiracy.

areer: January to February 15 are fantastic for your career, Finances remain quite good between April 25 to May 18, June to October 20 and December 2-27.

Health: Smokers, alcoholics and those with cardiac issues must consult your doctor frequently. Being very alert to sudden health deterioration between April 1-15, May 15-22, and August 21-September 11 too is very delicate. Take care of blood pressure from October 17-30. Safeguarding of health is necessary against infection and diseases. Physical and mental unrest due to excessive thinking is seen, yoga and meditation will help, especially the chanting of Rahu mantra.

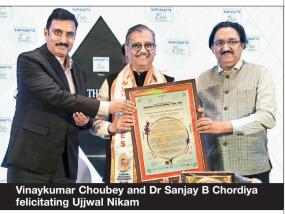
# Lawyer Ujjwal Nikam awarded for exemplary work in his field

ecutor and Padmashri awardee, advocate Ujjwal Nikam was recently awarded the Suryadatta Suryabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute, a gold medal, and a citation.

The lawyer was presented with the award by founder president and chairman of Suryadatta Education Foundation, professor Dr Sanjay B Chordiya. Commissioner of Police of Pimpri Chinchwad, Vinaykumar

Choubey, principal of Suryadatta Law College, Dr Mithilesh Verma, Prof Ketaki Bapat, Prof Monica Sehrawat, and other dignitaries were present on the occasion at the Bansi Ratna Auditorium in the institute's Bavdhan campus.

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## **GOA PAYS TRIBUTE** The Three Kings Feast was celebrated in Goa with great pomp. Devotees made their way to the chapel atop the hill, amidst the beating drums. Following the services, people were seen buying khaje from the stalls

This forecast is in continuation from December 31, for Libra to Pisces

### SUDOKU CHALLENGE Level: Medium 2 9 6 8 5 9 6 3 8 6 4 3 6 9 5 4 9

How To PLAY Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid.

## **TIMES KAKURO** 10

HOW TO PLAY The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine.

2

3

. .

(Fig B)

Note: A digit cannot appear more than once in any particular digit combination. For instance in the example, we cannot have the combination of 8+4+8 for 20. Example











## **SPELLATHON**

Today's Ratings: 10-average | 11-good | 13-outstanding



can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word nust contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference

6 pm. Panaji

How many words of four or more letters

## **EVENTS**

**BOOK FAIR** Ravindra Bhavan: Indulge in the world of books with programmes and workshops adults and children at the Goa Book Fair, On January 4-8. from 10am to 8pm. Margao

WORKSHOP F L Gomes Garden: Learn all about pottery at the Potters Fest Goa, with workshops and more. On January 12- 14 from 10 am to

## **LOOP THE LOOP**

· Connect adjacent dots with vertical or horizontal lines. creating a single loop (Fig A).

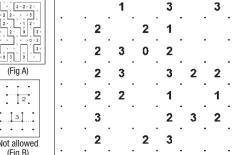
· Crossovers or branches are not

allowed (As shown by dotted lines in Fia B). • Numbers in the puzzle indicate the number of lines that should

surround it, while empty cells may be surrounded by any number of lines.

 You can't draw lines around zeroes. • Each puzzle has just one unique solution.

How To Begin: Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three

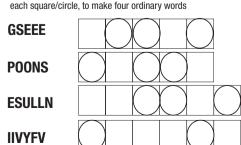


spaces. Next, these lines can only be extended in one direction each. Continue, using the same

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B).

## **SCRAMBLE**

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words



HOW TO PLAY Now arrange the letters in the circles to form the answer to

indicated

is the beginning of a lifelong romance. - Oscar the riddle or to fill in Wilde (4,7) the missing word as

## **SOLUTIONS TO GAMES/PUZZLES**

TIMES SUDOKU **LOOP THE LOOP** 8 6 2 8 1 7 9 9 7 × 5 × 5 × 3 × 5 5 2 × 3 9889  $\hat{\mathbf{z}} \times \hat{\mathbf{o}} \times \hat{\mathbf{z}} \quad \hat{\mathbf{s}}$ 8 8 6 4 7 9 2 9 1 ××× TIMES KAKURO **SPELLATHON** 

6 9 8

side, sided, dead, dean, died, dine, dined, dude, dune, idea, nude, UNAIDED, undid

**SCRAMBLE** 

of a lifelong romance. - Oscar Wilde Answer: To love oneself is the beginning VIVIIY Words: Geese, snoop/spoon, sullen,

## Lawyer Ujjwal Nikam awarded for exemplary work in his field



Vinaykumar Choubey and Dr Sanjay B Chordiya felicitating Ujjwal Nikam

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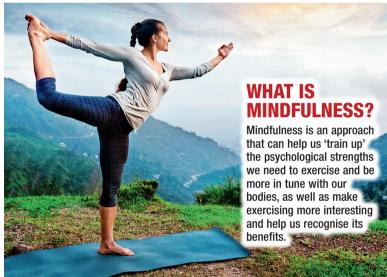
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wat, Shyam Jaju, Member of Parliament Supriya Sule, state minister Chandrakant Patil, Dr Shrirang Limaye, Dr Shankuntala Kale, Dr Chandrakant Kokate, IPS officer Vinaykumar Choubey, and others. During his visit to the institute's law college Nikam also interacted with students and faculty.

The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Self-confidence and rational thinking are qualities of a true lawver, so much so that if a common man starts talking rationally, we say that he's speaking like a lawyer.

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawyer can serve the country.

# Boost your mental health with workout



ant to start 2024 with a new workout routine to feel fitter and happier? A new study suggests that combining physical activity and mindfulness is effective at lifting mood and improving health and well-be-

ing. Researchers at the University of Bath said that mindfulness can motivate people to start exercising in the first place, while overcoming minor pain, discomfort or feelings of failure when exercising gets hard.

## Celebrity astro-numerologist Anupam V Kapil explains your annual moon sign forecast and its impact on your career and health



Jupiter's aspect on your sign till April brings gains and noteworthy friendships, and is also beneficial for marriage. Those in teaching, acting and training will especially benefit till April. From May, Jupiter will be in the unfavourable eighth house, affecting health, causing fatigue, fruitless journeys

and loss of money. However it creates vipreet raj yog giving gains in unlikely situations where you are the underdog and otherwise stand no chance. Buying a new property, renovation or vehicle is very likely between February 12 to March 6 and October 17 to November 6. Misunderstandings and loss of friends is seen in April and May. Saturn in fifth shows decline in prosperity in the second half of the year. Rahu in your sixth house through 2024 is expected to be largely favourable, you shall clear and win litigations. Gain in service through employers or subordinates is seen. Of course, enemies will keep troubling you, but you will simply demolish them. Success in competitive examinations, sports and politics is seen. You will also find loyal servants who will carry out your work efficiently during this period. Spiritual trips will also

CAREER: Jupiter helps your career till April. Smart gains till January 18, wealth comes between February 1-19 and June 1-14. Career growth and wealth between June 29 to September 22 due to favourable Mercury and Venus transits.

**HEALTH:** Health needs attention between April 1-16 and May 13 to May end due to Rahu-Mars conjunction in sixth house and Sun-Jupiter conjunction in eighth house, which is quite depleting to health. Guard your liver in the second half of the year, cut down on oily food and avoid liquor. Any efforts made on health and fitness will give very good results, it's a good time to consult a professional.



Changes in your life take place from July, though Jupiter changes for the good only in May. Till April, expect relatives and enemies to bother you. Saturn in the fourth house brings loss of wealth, domestic unease, lack of comfort from spouse and

child. However, from May, Jupiter

compensates on the wealth front and gives good journeys for auspicious purposes. Rahu in the fifth house puts focus on love affairs, education, planning, intuition, creativity and entertainment sector. Your way of looking at situations and dealing with them undergoes a major transformation as you shall use very creative and intelligent methods to resolve issues. Education of students and children are likely to be affected, you will be worried by their demanding nature too. Not a good period to produce new babies. Avoid wearing grey and black colours. You will have misunderstandings, loss of friends and death of elders who are sick is likely. Love affairs shall flour-

CAREER: Professionals, businessmen and job aspirants will get success between January 14 to February 14, April 15 to May 15, June 1-15, and August 17 to October 15. During this period financial gains too shall be quite smart. Rewards, big financial gains, promotions and limelight are indicated on November 18 to

**HEALTH:** Till April, control your diet, cut down on oil and fat as your cholesterol is likely to increase. Mars-Saturn conjunction in April 5 to 13 and Rahu-Mars conjunction between May 13 to 22, suggests extreme care, especially to those suffering from cardiac issues and digestive issues and the legs. Guard against apoplexy and blood pressure between Septem-

The year starts on a good note, Jupiter helps in all pursuits till April, as does Saturn in the sixth house throughout the year. Mars is favourable from March 15 to April 23 giving victory, joy and accumulation of



gold ornaments. Trouble to your property, position and children are seen post April, when Jupiter moves through the 10th house from May 2024 to May 2025. Rahu moves through in the fourth house, which SAGITTARIUS represents your mental state, mother, happiness, vehicles,

property matters, education

etc. Happiness connected with these will be elusive and a source of concern for you. Disputes with family and relatives, destruction to property, bodily pains, stomach pains and obstacles in job are indicated. Health of your mother will be a concern, do not neglect the slightest health deviations, get prompt medical attention. Property disputes must be settled amicably before April, even if a deal which seems loss making, as anyway a lot of money may be spent on litigation later. Losses in litigation between November 16 to December 16 is seen. Religious travels to the south direction and dips in holy rivers are indicated. CAREER: Working professionals are subject to sudden transfers and twists in career which are not to your liking. Don't argue with seniors and authorities. February to April, September 18 to October 29 are great for big income and also for new promotions, jobs, contracts in business. Marriage is possible in January and April.

**HEALTH:** May, July 15 to August 15 are not at all good for your and child's health. November 16 to December 16 is very sensitive as Rahu trains Mars in the eighth house and Sun in the twelfth house, visits to hospitals



2024 is an exciting year, after passing challenges till April, you can look forward to a very promising year from May. Till April, Jupiter in the fourth house brings sorrow on account of relatives, humiliation and danger from quadrupeds. How-

capricorn ever, from May, Jupiter's aspect on your sign till May 2024, brings royal favour, gain of po-

sition, promotion, wealth, happiness from relatives, success in all activities, Saturn brings discipline on your spending and finances and managing family matters within constraints. Rahu is in the third house increasing your willpower, removing obstacles, giving gains through short term travels, siblings, communications and media matters. Satisfaction and completion of works, gains through the schemes you prepare and unexpected big gains, travel opportunities and material pleasures are indicated. Spiritual travels to new places are seen. Health of younger siblings will suffer. Gains from youngsters, friends along with a growth in image is indicated. Gains with people from different backgrounds is seen.

CAREER: Boost in income and sources is seen, but avoid partnerships. Finances shall be good till January 17, March 7-30, April 25 to May 18, promotions, business gains, better jobs are likely in April 25 to May 18, September 18 to November 6

**HEALTH:** You might have excessive heat and fever between January to February 5. Between June 16-22, Rahu's aspect on sixth house shows that health matters need attention, diseases will be treated but not completely cured, infections of the face/eye are indicated, and act speedily in such an event. ENT and eye issues crop up, get regular check ups done.

Though you are in the middle of your sade sati, Saturn rarely harms you, though it may restrict your free will, as it is in its moooltrikona rashi. Jupiter, the planet of hope has not been favourable last year, it moves to your fourth house and AQUARIUS and humiliation. Avoid clashes brings sorrow through relatives

with bosses, seniors, government in April and May as this could harm your prospects. Good yogas for renovation, buying property, vehicles are seen on January 28 to February 12, May 29 to June 11 and October 13 to November 7, these periods will also see joyous moments at home. Health of spouse suffers in April. Should avoid disputes with neighbours or brothers in last week of May. Rahu in your wealth sector in 2024, induces you to be rough in speech and be manipulative in earning money through unethical means, such money may also be misused for wrong purposes. Loss of wealth is likely, through governmental action or due to being too casual with money matters and spending indiscriminately or on wrong purposes. Despite these trends, transits of Venus-Mercury bring in enough money this year, you will need to be very cautious to save this. Extreme caution is advised in speech as it can create enemies and loss of money. Old debts will be cleared but money will be lost in new ventures due to speculative tendencies and carelessness.

CAREER: Career gains, new job opportunities, promotions, business growth till February 4, steady growth in March, then June 1 to July 11. Finances shall be excellent till February 20 and from March 7 to April 24, May 19 to June 11, September 23 to October 10, November 7-30 and December is the best period for growth of career and finances.

**HEALTH:** Sensitive periods for health are April-May, affected areas are heart, face, legs, teeth, avoid any surgery during this period. July 17 to August 15 and September 17 to October 15 are also weak periods for



Jupiter brings money and opportunities, and furthers your career till April, besides reducing impact of Rahu and sade sati on your moon sign. From May, Jupiter enters the difficult third house, may bring change in profession, separation from near and dear ones and impediments in all actions. Post May, is not

a good period to start new business or jobs, except as indicated in the career section. For buying property, renovations, vehicles, January 7-31st, June 12 to July, August 26 to October 19 is favourable. Rahu on the moon sign in 2024, brings bodily afflictions or loss, don't trust anyone blindly. Suffering to mother possible around April 1-15, August 21 to September 11 and October 17-30. Avoid being guarantor to any loan or bail. Rahu transit clouds your emotions and thought process. Not the best time to marry as Rahu aspect on your marriage and partnership also affects your fathers health. Kids are prone to bad company and bad habits, especially when on vacations, keep a watch. Be alert to fraud and conspiracy.

CAREER: January to February 15 are fantastic for your career, Finances remain quite good between April 25 to May 18, June to October 20 and December 2-27. **HEALTH:** Smokers, alcoholics and those with cardiac issues must consult your doctor frequently. Being very alert to sudden health deterioration between April 1-15, May 15-22, and August 21-September 11 too is very delicate. Take care of blood pressure from October 17-30. Safeguarding of health is necessary against infection and diseases. Physical and mental unrest due to excessive thinking is seen, yoga and meditation will help, especially the chanting of Rahu mantra.

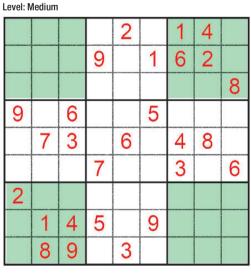


Groom's family calls off wedding over lack of mutton bone marrow on the menu



wedding was called off in Telangana as the groom's mutton bone marrow not being served as part menu. Officials at the local police station tried to persuade the groom's family to resolve the fight but the group, incensed about what they called an "insult", did not relent.

## **SUDOKU CHALLENGE**



### **HOW TO PLAY**

Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution

## **TIMES KAKURO** 10 23

## **HOW TO PLAY**

The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine.

(Fig A)

2

[3]

Not allowed

Note: A digit cannot appear more than once in any particular digit combination. For instance in the example, we cannot have the combination of 8+4+8 for 20.











## **SPELLATHON**

Today's Ratings: 10-average 11-good 13-outstanding

four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word, Plurals, foreign words and proper



names are not allowed. British English Dictionary is used as

## **LOOP THE LOOP**

· Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). Crossovers or branches are not

**RULES** 

allowed (As shown by dotted lines in Fig B). Numbers in the puzzle indicate the number of lines that should

surround it, while empty cells may be surrounded by any number of lines.

 You can't draw lines around • Each puzzle has just one unique solution.

**HOW TO BEGIN:** Example (Fig A) - Begin with the zero next to 3.

Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross

3 2 2 2

of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may in one space around 3. So we know the three lines create a branch or cause a deadend (Fig B)

## **SCRAMBLE**

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words **GSEEE POONS ESULLN** 

**HOW TO PLAY** 

**IIVYFV** 

Now arrange the letters in the circles \_\_\_ is the beginning of to form the answer to a lifelong romance. - Oscar the riddle or to fill in Wilde (4.7) the missing word as

## **SOLUTIONS TO GAMES/PUZZLES**

**TIMES SUDOKU** LOOP THE LOOP ×ε E 6 L 8 L 7 9 7 9 9 6 4 3 8 3 × 5 **SPELLATHON TIMES KAKURO** 

dine, dined, dude, dune, idea, nude, UNAIDED, undid aide, aided, dead, dean, died, **SCRAMBLE** 

Words: Geese, snoop/spoon, sullen, vivify Answer: To love oneself is the beginning of a lifelong romance. - Oscar Wilde

# Lawyer Ujjwal Nikam awarded for exemplary work in his field

and Padmashri awardee, advo-cate Ujjwal Nikam was recently awarded the Suryadatta Suryabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute, a gold medal, and a citation.

The lawyer was presented with the award by founder president and chairman of Suryadatta Education Foundation, professor Dr Sanjay B Chordiva. Commissioner of Police of Pimpri Chinchwad, Vinaykumar Choubey, principal of Survadatta Law College, Dr Mithilesh Verma, Prof Ketaki Ba-

pat, Prof Monica Sehrawat, and other dignitaries were present on the occasion at the Bansi Ratna Auditorium in the institute's Bavdhan

Previously, the award has been conferred on former president of India, Ramnath Kovind, finance minister Nirmala Sitharaman, scientist Dr K Sivan, socialist Vajubhai Wala, General (Retd) Dr Dattatray Shekatkar, union minister Gajendra Singh Shekhawat, Shyam Jaju, Member of Parliament Supriya Sule, state minister Chandrakant Patil, Dr Shrirang Limaye, Dr Shankuntala Kale, Dr Chandrakant Kokate, IPS officer Vinaykumar Choubey, and others. During his visit to the institute's law college Nikam also interacted with students and faculty.



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The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Selfconfidence and rational thinking are qualities of a true lawyer, so much so that if a common man starts talking rationally, we say that he's speaking like a lawyer.'

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawyer can serve

# Early avatar of Mickey Mouse is in the public domain now



out on

Horror film and shooter game in the works, but later versions of the iconic character are still protected by copyright

Mouse fan, here's some news to shake up your universe. Starting January 1, Disney no longer holds the copyright to the earliest version of the beloved cartoon character. This means that anyone can take this version of Mickey – a mischievous rat-like, non-speaking boat captain seen in the 1928 short film Steamboat Willie - and create their interpretations of it.

For creators and cartoonists, it's a once-in-alifetime window of op-

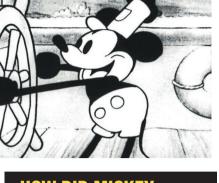
portunities that has opened up and some are already scrambling to create their own version of this early Mickey. By Monday, a trailer has been released of a planned shooter game, Infestation 88, in which Mickey hunts down players in a dark warehouse. A horror film, *Mickey's Mouse Trap* is in the works as well, where Mickey is a masked killer attacking people in an arcade.

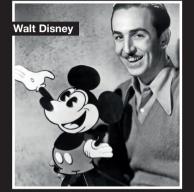
Mind you, Mickey's later avatars, as shown in films like Fantasia (1940), with gloves, oversized shoes, and eyes with pupils, cannot be copied as Disney still holds copyright over them.

— Compiled by Dnyaneshwari Burghate

claims

### Mickey from Steamboat Willie in a black and white avatar that can now be freely re-envisioned without any copyright





Mickey Mouse was co-created by Walt Disney and Ub Iwerks in 1928 US copyright law allows a copyright to be held for 95 years

 The law was updated twice, in 1976 and 1998 to delay Mickey Mouse's entry into the public domain, leading detractors to derisively call the act 'Mickey Mouse Protection Act'

 Other works that have entered the public domain this year are Charlie Chaplin's movie *Circus*, Virginia Woolf's novel *Orlando*, and Eugene O'Neill's play Long Day's Journey into Night Another Disney character, Winnie the Pooh, entered the public domain in January 2022. It was reimagined as a sledgehammer-carrying monster in a 2023 movie titled *Winnie the Pooh:* 

## **Combine mindfulness** sand exercise to boost mental health: Study **MINDFULNESS?** Mindfulness is an

ant to start 2024 with a new workout routine to feel fitter and happier? A new study suggests that combining physical activity and mindfulness is effective at lifting mood and improving health and well-being. Researchers at the University of Bath said that mindfulness can motivate people to start exercising in the first place, while overcoming minor pain, discomfort or feelings of failure when exercising gets hard.

## Mickey's iconic gloves debuted in 1929 with The Opry House Mickey was redesigned in 1939, in The Pointer, with

and a shade of colour added to

The next major transformation came in 2006 when Mickey was envisioned as a 3D animated cartoon for Mickey Mouse Clubhouse

2

[3]

2 3

1

2

HOW TO PLAY

Now arrange the letters in

answer to the riddle or to

fill in the missing word as

Don't let someone

else's \_\_\_ of \_\_ be-come your reality. -

Les Brown (7.3)

opinion of you become your reality.

Answer: Don't let someone else's

Words: Boost/boots, idiot, runner, typi-

ing, TEEMING, tinge

gene, genie, gent, meeting, meting, tee-

1 2 3 2

Mickey

was first seen in

colour in

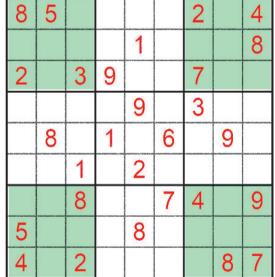
The Band

Concert in

the film.

1935

## **SUDOKU CHALLENGE** Level: Mediur



How To PLAY

WHAT IS

psychological

in tune with our

us recognise its

benefits.

bodies, as well as

approach that can

help us 'train up' the

strengths we need to

exercise and be more

make exercising more

interesting and help

Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

## **TIMES KAKURO** Level: Medium 12 15

through nine.

## **LOOP THE LOOP**

3 1

2 2

2 2 1

**MICKEY'S FEATURES THAT ARE STILL SUBJECT TO COPYRIGHT** 

■ Connect adjacent dots with vertical or horizontal lines, creating a single loop

 Crossovers or branches are not allowed (As shown by dotted lines in Fig B). Numbers in the puzzle indicate the

number of lines round it, while empty cells may be surrounded by any number of lines. ■ You can't draw lines around

zeroes. ■ Each puzzle has just one unique solution How to begin Example (Fig A) Begin with the zero

next to 3. Since no lines can be drawn around zero mark crosses around it, as

shown. Now there is

a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic. Hints: Keep eliminating possibilities by marking crosses in spaces between

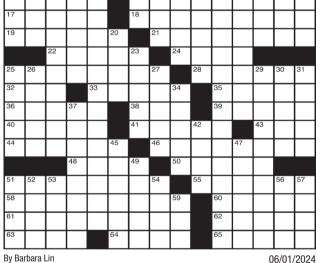
3 3

1 3

dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend

## Blood and Honey

THE DAILY CROSSWORD



H Y P E A B U T

YEMENIBARNOXY

FRI

TOEANYAALARMS

BEARSKINRUGBY

SEAT

25 Refuse

26 Was compelled

29 Ragtime dance

27 Some campus

returnees

30 Net income?

34 Yogurt-based

24-Across

37 Counter points?

45 Souped-up junker

47 Nation known for

temperance

Tales" pilgrim

condiment served with

31 Nephric

42 Über

MONTHOFMAYBE

S H E A F G A L A T A N T E T L D R

ENDOW

to just veg?

64 Sub contractor?

1 Jazz motif

3 Remote target

5 Extremely tight

62 Two-terminal device

65 Flusive Himalayans

2 Ilhan who was the first

on the House floor

4 Holiday concoction

6 Omega, in physics

person to wear a hijab

63 Trees with oval leaves

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GENIUSBARBIE

DONOTPASSGOBI

LSUOLD

Friday's Puzzle Solved 

1 Subject of the Caldecott Honor book "The Right Word' 6 Lines of praise 10 "The \_\_\_ Tour": record-setting 2023-24

ACROSS

concert series 14 Butterfly's stage 15 Stroke of luck? 17 City between Bismarck and Minneapolis on I-94

store 19 Swiss cheese? 21 Camp site 22 Being of Jewish

24 Unleavened flatbread 25 Band whose work is featured in the musical "Head Over Heels"

28 Go on and on 32 Cool kin 35 Cheek muscle, for short

36 Acrobat's company

38 AQI monitor

39 Played again 40 Brown ermine \_ Baby": 2020 film set during a Jewish ritual

43 Soul provider 44 Shirley Jackson's genre 46 Biological building

block 48 Emotional wound 50 Assortment 51 Threat to some

colonists 55 Seuss reptile 58 Barrier visited by tourists

60 Hawkeve missile

in color 12 Soon, long ago 13 Third-atr, month 16 Photogenic 20 Beneficiary of a Sonic

boom?

8 Bull in a product name 49 "The Canterbury 9 Salt. sav 10 Theme that plays over the closing credits 11 Hitchcock's first film

52 Time for some wrap parties 53 Zurich transport

54 Stagger 56 California wine town

near Stockton

57 Short-horned bighorns 59 Calendar abbr.

61 One who doesn't like

## Registration No. MAHENG/2013/49103 Vol. 11 Issue No. 1

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See what the stars have in store for you – according to your moon sign.

ARIES: There is someone who has tried to stir the pot and won't get too far since you are aware that there's adversity everywhere. You accept the challenge and move forward.

TAURUS: You learn from the experience. Use humour to focus on the lighter side of life. This helps put others at ease, too. A door closes behind you. You realise that change is an opportunity to expand in other areas

**GEMINI:** Take a step back from a situation to allow your mind to rest and think clearly. You have been using your mind to plan things, but there's also a time to take a break. Someone in your life might not be picking up their fair share of the duties, don't be resentful.

CANCER: Something that was lost gets found and you find a new appreciation for this object. There's a need for balance in your day, be sure not to add too much to your plate leaving out what you really want to do.

**LEO:** Take a careful approach to a new work assignment and accept all help that is offered. Funds will become available to allow you to launch a creative project for a local charity. It will feel as if you've been holding your breath until you receive the confirmation on this offer.

VIRGO: Let others take control for a while and you will be able to finally get finished with other projects. Work to encourage a cooperative spirit among colleagues. Waiting until the last minute to get your work done is not going to make the boss happy today.

LIBRA: While it's sometimes better to decide how you'd like to feel and then cultivate that feeling, today it's better to keep it simple with a few tangible and measure able goals. You learn from every interaction. Some lessons improve your mood, and others dampen it.

SCORPIO: A business venture needs a detached and objective approach. Ask for time to think about an unexpected offer. Don't rush things in a romantic relationship. You might admire a new partner's spontaneity and you like the way they keep surprising you

SAGITTARIUS: In the lessons of life, people may skip around learning different things at different stages, but there really is no skipping growth. So don't be jealous when you notice someone is at a stage that's foreign to you. **CAPRICORN:** Concentration is impossible with

all the other ideas floating in your head. Separate fact from fiction by writing things down. Make sure you're on the same page before starting a big meeting today. If you find that you've misunderstood priorities, it can only go downhill. AQUARIUS: You've been through trying times, and this isn't one of them. This is a 'doing' time. Strike 'try' from the vocabulary. You already know the right action. Take it. Not celebrating your success would be a mistake. The small wins especially need acknowledgment.

PISCES: Others are itching for a fight but if you're willing to enlist the help of your friends. they will back off very quickly and leave you alone. Don't allow others to drag you into their drama. Instead, focus on the personal project you've been meaning to get started on.

# HOW TO PLAY

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Rearrange

the letters in

one letter to

square/cir-

four ordi-

cle, to make

nary words

the four

jumbles,

word

each

pear more than once in any particular digit combiexample, we cannot have the combination of 8+4+8

his eves

his face

getting pupils



## **SCRAMBLE**

BST00	
DTIIO	
ERRNNU	
FITYPY	

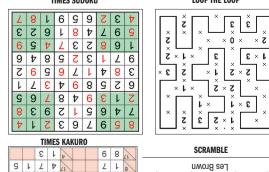
## **SPELLATHON Today's Ratings:**

**08-outstanding** 

05-average | 06-good |

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English

### **SOLUTIONS TO GAMES/PUZZLES** LOOP THE LOOP TIMES SUDOKU



9 1 2 7 1 6 8 4 6 6 7 5 1 7 1 8 6 8 4 6 Dictionary is used as reference.

Celebrity astro-numerologist Anupam V Kapil explains your annual moon sign forecast and its impact on your career and health



Jupiter's aspect on your sign till April brings gains and noteworthy friendships, and is also beneficial for marriage. Those in teaching, acting and training will especially benefit till April. From May, Jupiter will be in the unfavourable eighth house, af-

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Career: Jupiter helps your career till April. Smart gains till January 18, wealth comes between February 1-19 and June 1-14. Career growth and wealth between June 29 to September 22 due to favourable Mercury and Venus

Health: Health needs attention between April 1-16 and May 13 to May end due to Rahu-Mars conjunction in sixth house and Sun-Jupiter conjunction in eighth house, which is quite depleting to health. Guard your liver in the second half of the year, cut down on oily food and avoid liquor. Any efforts made on health and fitness will give very good results, it's a good time to consult a professional.



Changes in your life take place from July, though Jupiter changes for the good only in May. Till April, expect relatives and enemies to bother you. Saturn in the fourth house brings loss of wealth.domestic unease, lack of

comfort from spouse and child. However, from May, Jupiter compensates on the

wealth front and gives good journeys for auspicious purposes. Rahu in the fifth house puts focus on love affairs, education, planning, intuition, creativity and entertainment sector. Your way of looking at situations and dealing with them undergoes a major transformation as you shall use very creative and intelligent methods to resolve issues. Education of students and children are likely to be affected, you will be worried by their demanding nature too. Not a good period to produce new babies. Avoid wearing grey and black colours. You will have misunderstandings, loss of friends and death of elders who are sick is likely. Love affairs shall flourish.

Career: Professionals, businessmen and job aspirants will get success between January 14 to February 14. April 15 to May 15. June 1-15, and August 17 to October 15. During this period financial gains too shall be quite smart. Rewards, big financial gains, promotions and limelight are indicated on November 18 to December 15. Health: Till April, control your diet, cut down on oil and fat as your cholesterol is likely to increase. Mars-Saturn conjunction in April 5 to 13 and Rahu-Mars conjunction between May 13 to 22, suggests extreme care, especially to those suffering from cardiac issues and digestive issues and the legs. Guard against apoplexy and blood pressure between September 17-30.

The year starts on a good note, Jupiter helps in all pursuits till April, as does Saturn in the sixth house throughout the year. Mars is favourable from March 15 to April 23 giving victory, joy and accumulation of gold ornaments. Trou-



ble to your property, position and children are seen post April, when Jupiter moves through the 10th house from May 2024 to May 2025. Rahu moves through in the fourth house, which rep-SAGITTARIUS resents your mental

state, mother, happiness, vehicles, property matters, education etc. Happiness connected with these will be elusive and a source of concern for you. Disputes with family and relatives, destruction to property, bod ily pains, stomach pains and obstacles in job are indicated. Health of your mother will be a concern, do not neglect the slightest health deviations, get prompt medical attention. Property disputes must be settled amicably before April, even if a deal which seems loss making, as anyway a lot of money may be spent on litigation later. Losses in litigation between November 16 to December 16 is seen. Religious travels to the south direction and dips in holy rivers are indicated.

Career: Working professionals are subject to sudden transfers and twists in career which are not to your liking. Don't argue with seniors and authorities. February to April, September 18 to October 29 are great for big income and also for new promotions, jobs, contracts in business. Marriage is possible in January and April.

Health: May, July 15 to August 15 are not at all good for your and child's health. November 16 to December 16 is very sensitive as Rahu trains Mars in the eighth house and Sun in the twelfth house, visits to hospitals will be there.

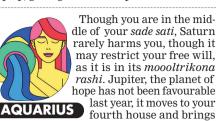


2024 is an exciting year, after passing challenges till April, you can look forward to a very promising year from May. Till April, Jupiter in the fourth house brings sorrow on account of relatives, humiliation **CAPRICORN** and danger from quadrupeds. However, from

May, Jupiter's aspect on your sign till May 2024, brings royal favour, gain of position, promotion, wealth, happiness from relatives, success in all activities, Saturn brings discipline on your spending and finances and managing family matters within constraints. Rahu is in the third house increasing your willpower, removing obstacles, giving gains through short term travels, siblings, communications and media matters. Satisfaction and completion of works, gains through the schemes you prepare and unexpected big gains, travel opportunities and material pleasures are indicated. Spiritual travels to new places are seen. Health of younger siblings will suffer. Gains from youngsters, friends along with a growth in image is indicated. Gains with people from different back-

Career: Boost in income and sources is seen, but avoid partnerships. Finances shall be good till January 17, March 7-30, April 25 to May 18, promotions, business gains, better jobs are likely in April 25 to May 18, September 18 to No

Health: You might have excessive heat and fever between January to February 5. Between that health matters need attention, diseases will be treated but not completely cured, infections of the face/eye are indicated, and act speedily in such an event. ENT and eye issues crop up, get regular check ups done.



sorrow through relatives and humiliation. Avoid clashes with bosses, seniors, government in April and May as this could harm your prospects. Good yogas for renovation, buying property, vehicles are seen on January 28 to February 12, May 29 to June 11 and October 13 to November 7, these periods will also see joyous moments at home. Health of spouse suffers in April. Should avoid disputes with neighbours or brothers in last week of May. Rahu in your wealth sector in 2024, induces you to be rough in speech and be manipulative in earning money through unethical means, such money may also be misused for wrong purposes. Loss of wealth is likely, through governmental action or due to being too casual with money matters and spending indiscriminately or on wrong purposes. Despite these trends, transits of Venus-Mercury bring in enough money this year, you will need to be very cautious to save this. Extreme caution is advised in speech as it can create enemies and loss of money. Old debts will be cleared but money will be lost in new ventures due to speculative tendencies and carelessness.

Career: Career gains, new job opportunities, promotions, business growth till February 4, steady growth in March, then June 1 to July 11. Finances shall be excellent till February 20 and from March 7 to April 24, May 19 to June 11, September 23 to October 10, November 7-30 and December is the best period for growth of career and finances.

Health: Sensitive periods for health are April-May, affected areas are heart, face, legs, teeth, avoid any surgery during this period. July 17 to August 15 and September 17 to October 15 are also weak periods for health.



Jupiter brings money and opportunities, and furthers your career till April, besides reducing impact of Rahu and sade sati on your moon sign. From May, Jupiter enters the difficult third house, may bring change in profession separation from near and dear ones and impediments

in all actions. Post May, is not a good period to start new business or jobs, except as indicated in the career section. For buying property, ren-ovations, vehicles, January 7-31st, June 12 to July, August 26 to October 19 is favourable, Rahu on the moon sign in 2024, brings bodily afflictions or loss, don't trust anvone blindly. Suffering to mother possible around April 1-15, August 21 to September 11 and October 17-30. Avoid being guarantor to any loan or bail. Rahu transit clouds your emotions and thought process. Not the best time to marry as Rahu aspect on your marriage and partnership also affects your fathers health. Kids are prone to bad company and bad habits, especially when on vacations. keep a watch. Be alert to fraud and conspiracy.

Career: January to February 15 are fantastic for your career, Finances remain quite good between April 25 to May 18, June to October 20 and December 2-27.

Health: Smokers, alcoholics and those with cardiac issues must consult your doctor frequently. Being very alert to sudden health deterioration between April 1-15, May 15-22, and August 21-September 11 too is very delicate. Take care of blood pressure from October 17-30. Safeguarding of health is necessary against infection and diseases. Physical and mental unrest due to excessive thinking is seen, yoga and meditation will help, especially the chanting of

This forecast is in continuation from December 31, for Libra to Pisces

# Lawyer Ujjwal Nikam awarded for exemplary work in his field

dee, advocate Ujjwal Nikam was recently awarded the Suryadatta Suryabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute, a gold medal, and a citation.

The lawyer was presented with the award by founder president and chairman of Suryadatta Education Foundation, professor Dr Sanjay B Chordiya. Commissioner of Police of Pimpri Chinchwad Vinaykumar Choubey, principal

of Suryadatta Law College, Dr Mithilesh Verma, Prof Ketaki Bapat, Prof Monica Sehrawat, and other dignitaries were present on the occasion at the Bansi Ratna Auditorium in the institute's Bavdhan campus.

Previously, the award has been conferred on former president of India, Ramnath Kovind, finance minister Nirmala Sitharaman, scientist Dr K Sivan, socialist Vajubhai Wala, General (Retd) Dr Dattatray Shekatkar, union minister Gajendra Singh Shekhawat, Shyam Jaju, Member of Parliament Supriya Sule, state minister Chandrakant Patil, Dr Shrirang Limaye, Dr Shankuntala Kale, Dr Chandrakant Kokate, IPS officer Vinaykumar Choubey, and others. During his visit to the institute's law college Nikam also interacted with stu-



he's speaking like a lawyer.'

dents and faculty. The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Self-confidence and rational thinking are qualities of a true lawyer, so much so that if a common man starts talking rationally, we say that

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawyer can serve the country.'

# Understanding why we tend to daydream



study led by Harvard Medical School researchers is one step closer to understand ing what happens in the brain during day

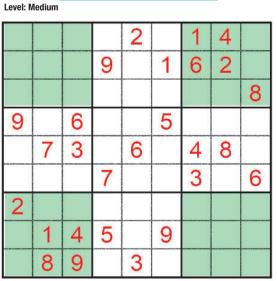
The researchers monitored the activity of neurons in mouse brains. They discovered that these neurons occasionally activated in a fashion similar to that seen when a mouse gazed at a real image, suggesting that the mouse was thinking, or daydreaming about the image.

"We wanted to know how this daydreaming process occurred on a neurobiological level and whether these moments of quiet reflection could be important for learning and memory," said lead author Nghia Nguyen, a PhD student in neurobiology.

### **DAYDREAMING CAN BRING BACK LOST MEMORIES, SAY SCIENTISTS**

When you are daydreaming, memories that you thought were lost forever can come to the surface again. The neural activity during daydreaming is very similar to that found in the "default network," a network of regions in the brain that are active during periods of rest. This is a brain state in which you are not actively performing any task; in other words, when your working memory is empty.

## **SUDOKU CHALLENGE**



HOW TO PLAY

Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid.

## **TIMES KAKURO** Level: Medium 10 23

HOW TO PLAY The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No

zeroes are used here, only the digits one

Not allowed (Fig B)

pear more than once in any particular digit combination. For instance in the example, we cannot have the combination of 8+4+8

Example









## **SPELLATHON**

Today's Ratings: 10-average



How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference

## **LOOP THE LOOP**

through nine.

 Connect adjacent dots with vertical or horizonta lines, creating a single loop (Fig A). ■ Crossovers or branches

are not allowed (As shown by dotted lines in ■ Numbers in the puzzle indicate the number of

lines that should surround it, while empty cells may be surrounded by any number of lines.

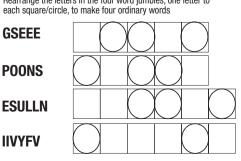
■ You can't draw lines around zeroes. ■ Each puzzle has just one

unique solution How to begin: Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three

spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic. **Hints:** Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B)

## **SCRAMBLE**

Rearrange the letters in the four word jumbles, one letter to



HOW TO PLAY Now arrange the letis the beginning ters in the circles to form the answer to the riddle or to fill in of a lifelong romance. -Oscar Wilde (4.7) the missing word as indicated

## **SOLUTIONS TO GAMES/PUZZLES**

TIMES SUDOKU LOOP THE LOOP × 5 × 5 × 3 × 5 2 × 3 **S 3** × **0** × **S** 8 E 6 Z 7 9 S 6 8 E 7 2 9 S 6 8 E 7 **SPELLATHON** TIMES KAKURO



UNAIDED, undid dined, dude, dune, idea, nude, side, aided, dead, dean, died, dine,

SCRAMBLE

of a lifelong romance. - Oscar Wilde Answer: To love oneself is the beginning

**EVENTS** 

Nehru Memorial Hall Ek Haan, a powerful and poignant exploration of the life and writings of Manto through the eyes of Kashmiri journalist Wazira will be staged today at

Pandit Jawaharlal Nehru Auditorium How much is your

iron?, an adaptation of two Brechtian short plays will be

Innishari Laut Aao Amrita, an event dedicated to Amrita

The Base Chitra-Mitra, a Marathi translation of Yasmina

Reza's play—Art will be staged on January 7 at The Base,

IF IT ISN'T HERE, IT ISN'T HAPPENING!

Mail your event details to us on:

punetimes@timesgroup.com You can follow us on

Facebook, Twitter and Instagram on: @PuneTimesOnline

ARIES: There is someone who has tried to stir the pot and won't

Pritam's timeless stories and poems will be held on

staged on January 7 at Pandit Jawaharlal Nehru

Auditorium, Shivajinagar. Timing: 12.30 pm

January 7 at Innishari, Pune. Timing: 6 pm

Erandwane. Timing: 7 pm

Nehru Memorial Hall, Pune. Timing: 7 pm

## Explore jewellery inspired by rich Maharashtrian culture

PNG Sons recently launched its brand communication campaign - Theva Maharashtracha 2.0. The brand says they introduced campaign inspired by the traditional folk dance of lavani, specifically highlighting the 'sawaljawab' element to connect with rural patrons. The brand says, "Sawal-jawab showcases a dialogue where one participant poses a question through expressive dance movements, expressions, or lyrics, and another responds in a similar fashion.

Aditya Modak, CFO-CMO, adds that the campaign aims to honour and amplify the cultural richness of Maharashtra, showcasing the unmatched beauty of jewellery alongside the region's diversity. He said, "In the rural part of Maharashtra, design aspect is different and lesser known to the current generation. To revive this heritage jewellery, we have selected lavani, as it is deeply rooted in rural connections, and serves as a perfect medium for this cultural celebration.'

He adds, "Sawal-jawab is often lively and engaging, involving quick footwork, expressive gestures, vibrant costumes, and jewellery. The jewellery for the leading characters of the campaign's short film, played by Prasad Oak and Priyanka Barve, has been meticulous curated. The dialogue in the film revolves around the female character inquiring about the brand. The opponent performer responds by highlighting our brand as one of the oldest jewellery brands, known for its variety and trust. The communication concludes by emphasising our commitment to celebrating the heritage of the land and showcasing traditional jew-



ellery with a modern touch." The brand also offers customers an opportunity to own jewellery that reflects the rich cultural heritage of Maharashtra. "We have redesigned the jewellery to give it modern look," said Modak.

Address: Viman Nagar, Bhosari, Chinch wad, Aundh, Happy Colony, Satara Road, and Sinhagad Road Lawyer Ujjwal Nikam awarded for exemplary work in his field ell-known public prosecutor and Padmashri awardee, advocate Ujiwal Nikam was recently awarded the Survadatta Survabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute. The lawyer was presented with the award by founder president and chairman of Survadatta Education Foundation, professor Dr Sanjay B Chordi-

> The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. Ĥe said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Selfconfidence and rational thinking are qualities of a true lawyer, so much so that if a common man starts talking rationally, we say that he's speaking like a lawyer.

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawyer can serve

3

2

3

/inaykumar Choubey and Dr Sanjay B Chordiya felicitating Ujjwal Nikam

> get too far since you are aware that there's adversity everywhere You accept the challenge and move forward. TAURUS: You learn from the

**THEATRE** 

experience. Use humour to focus on the lighter side of life. This helps put others at

change is an

9822042295 or anupamvkapil@gmail.com ease, too. A door closes behind you. You

you - according to your moon sign

For appointments : ANUPAM V KAPIL

realise that

opportunity to expand in other areas. **GEMINI:** Take a step back from a situation to allow your mind to

rest and think clearly. You have been using your mind to plan things, but there's also a time to take a break. Someone in your life might not be picking up their fair share of the duties, don't be resentful. CANCER: Something that was lost gets found and you find a new appreciation for this

object. There's a need for balance in your day, be sure not to add too much to your plate leaving out what you really want to do. LEO: Take a careful approach to a new work assignment and accept all help that is

offered. Funds will become available to allow you to launch a creative project for a local charity. It will feel as if you've been holding your breath until you receive the VIRGO: Let others take control for a while and you will be able to finally get finished

with other projects. Work to encourage a cooperative spirit among colleagues. Waiting until the last minute to get your work done is not going to make the boss happy today LIBRA: While it's sometimes better to decide how you'd like to feel and then cultivate that feeling, today it's better to keep it simple with a few tangible and measure able goals. You learn from every interaction. Some lessons improve your mood, and others

SCORPIO: A business venture needs a detached and objective approach. Ask for time to think about an unexpected offer. Don't rush things in a romantic relationship. You might admire a new partner's spontaneity and you like the way they keep surprising

SAGITTARIUS: In the lessons of life, people may skip around learning different things at different stages, but there really is no skipping growth. So don't be jealous when you notice someone is at a stage that's foreign to you.

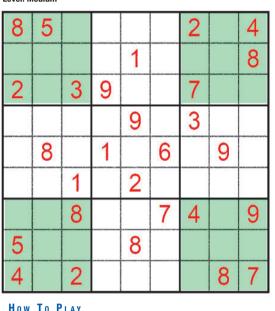
CAPRICORN: Concentration is impossible with all the other ideas floating in your head Separate fact from fiction by writing things down. Make sure you're on the same page before starting a big meeting today. If you find that you've misunderstood priorities, it

AQUARIUS: You've been through trying times, and this isn't one of them. This is a 'doing' time. Strike 'try' from the vocabulary. You already know the right action. Take it. Not celebrating your success would be a mistake. The small wins especially need acknowledgment.

PISCES: Others are itching for a fight but if you're willing to enlist the help of your friends, they will back off very quickly and leave you alone. Don't allow others to drag you into their drama. Instead, focus on the personal project you've been meaning to

THE DAILY CROSSWORD

### SUDOKU CHALLENGE Level: Medium



Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution

# TIMES KAKURO Level: Medium

HOW TO PLAY

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campus.

va. Commissioner of Police of Pimpri

Chinchwad, Vinaykumar Choubey,

principal of Survadatta Law College.

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pat. Prof Monica Sehrawat, and other dignitar-

ies were present on the occasion at the Bansi

Ratna Auditorium in the institute's Baydhan

former president of India, Ramnath Kovind, fi-

nance minister Nirmala Sitharaman, scientist

Dr K Siyan, socialist Vajubhai Wala, General

(Retd) Dr Dattatray Shekatkar, union minister

Gaiendra Singh Shekhawat, Shyam Jaju, Mem-

ber of Parliament Supriva Sule, state minister

Chandrakant Patil, Dr Shrirang Limave, Dr

Shankuntala Kale, Dr Chandrakant Kokate, IPS

officer Vinaykumar Choubey and others Dur-

ing his visit to the institute's law college Nikam

also interacted with students and faculty

Previously, the award has been conferred on



## **SCRAMBLE**

a cross in one space around 3. So we know the three lines of 3 can only be

**Hints:** Keep eliminating possibilities by marking crosses in spaces between

dots where a line isn't possible, i.e., if you have already completed required

lines or where a line extension may create a branch or cause a deadend

in one direction each. Continue, using the same logic

drawn in the remaining three spaces. Next, these lines can only be extended

**LOOP THE LOOP** 

Connect adjacent dots with vertical or

(Fig A).

number of lines

round it, while

any number of

■ You can't draw lines around

■ Each puzzle has just one unique

lines.

zeroes.

solution.

How to begin

Example (Fig A)

Begin with the zero

next to 3. Since no

lines can be drawn

around zero, mark

shown Now there is

empty cells may

be surrounded by

horizontal lines, creating a single loop

■ Crossovers or branches are not allowed

(As shown by dotted lines in Fig B).

Numbers in the puzzle indicate the

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words **BST00** 

DTIIO ERRNNI **FITYPY** 

HOW TO PLAY Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

Don't let someone else's become your reality. Les Brown (7.3)

## **SPELLATHON**

## Today's Ratings: 05-average | 06-good |

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word central letter. There should be at least one Plurals, foreign words and proper names are not allowed. British English Dictionary is

**08-outstanding** 

## **SOLUTIONS TO GAMES/PUZZLES**

## TIMES SUDOKU 1 2 8 8 4 3 2 9

S S C C C S S S S C C S S S C C S S S C C S S S C C S S S C C S S S C C S S C S S C S S C τ l Z ε 9 L 6 <del>9</del> 8

**SCRAMBLE** your reality. - Les brown Answer: Don't let someone else's opinion of you become Words: Boost/boots, idiot, run-

LOOP THE LOOP

2 × 2

 $\hat{\mathbf{z}} \times \hat{\mathbf{z}}$ 

SPELLATHON

gene, genie, gent, meeting, meting, teeing, TEEMING, tinge

## Registration No. MAHENG / 2004 / 12182

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## By Barbara Lin **ACROSS** Friday's Puzzle Solved 1 Subject of the Caldecott

Honor book "The Right

Word' 6 Lines of praise 10 "The \_\_\_ Tour": record-setting 2023-24 concert series 14 Butterfly's stage 15 Stroke of luck?

17 City between Bismarck and Minneapolis on I-94 19 Swiss cheese? 21 Camp site

22 Being of Jewish folklore 24 Unleavened flatbread 25 Band whose work is featured in the musical "Head Over

Heels" 28 Go on and on 32 Cool kin 33 Relish 35 Cheek muscle, for short

36 Acrobat's company 38 AOI monitor 39 Played again \_\_ Baby": 2020 film set during a Jewish

43 Soul provider 44 Shirley Jackson's

46 Biological building block 48 Emotional wound

50 Assortment 51 Threat to some colonists 55 Seuss reptile 58 Barrier visited by

tourists

60 Hawkeye missile

61 One who doesn't like

12 Soon, long ago 13 Third-qtr. month 16 Photogenic

25 Refuse 26 Was compelled 27 Some campus returnees 29 Ragtime dance

63 Trees with oval leaves 64 Sub contractor? 65 Elusive Himalavans 30 Net income? 1 Jazz motif 31 Nephric 2 Ilhan who was the first 34 Yogurt-based condiment served with

DONOTPASSGOBI

MONTHOFMAYBE

YEMENIBARNOXY

TOEANYAALARMS

BEARSKINRUGBY

GALA

SEAT

GENIUSBARBIE

OLD

person to wear a hijab on the House floor 24-Across 37 Counter points? 3 Remote target 4 Holiday concoction 42 Über

5 Extremely tight 6 Omega, in physics 7 Bad lot 8 Bull in a product name

T A N T E E N D O W

to just veg? 62 Two-terminal device

9 Salt. sav 10 Theme that plays over the closing credits
11 Hitchcock's first film

20 Beneficiary of a Sonic boom?

45 Souped-up junker 47 Nation known for temperance 49 "The Canterbury Tales" pilgrim

52 Time for some wrap parties 53 Zurich transport

54 Stagger 56 California wine town

near Stockton

57 Short-horned bighorns 59 Calendar abbr.

NEW STOCK ADDED

Bridal Wear | Sarees | Silks | Lehengas | Ready To Wear | Fusion Wear | Gowns | Everyday Ethnics

THE MOST AWAITED

END OF SEASON

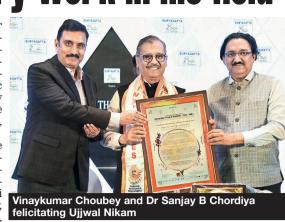
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neurobiological level and whether these moments could be important for learning and memory

- Nghia Nguyen, a PhD student in neurobiology

3

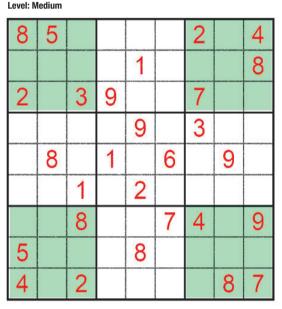
2

study led by Harvard Medical School researchers is one step closer to understanding what happens in the brain during daydreaming.

The researchers monitored the activity of neurons in the visual cortex of mouse brains while the animals were awake and silent. They discovered that these neurons occasionally activated in a fashion similar to that seen when a mouse gazed at a real image, suggesting that the mouse was thinking--or daydreaming--about the image.

'We wanted to know how this daydreaming process occurred on a neurobiological level and whether these moments of quiet reflection could be important for learning and memory," said lead author Nghia Nguyen, a PhD student in neurobi-

## **SUDOKU CHALLENGE**



Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution

# **TIMES KAKURO** Level: Medium

The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine

Note: A digit cannot appear more than once in any particular digit combiexample, we cannot have the combination of 8+4+8



## **LOOP THE LOOP**

 Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).

number of lines round it, while empty cells may be surrounded by any number of

lines around zeroes. ■ Each puzzle has

solution. How to begin Example (Fig A)

a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend

Rearrange the letters in the four	BST00	
word jumbles, one letter to	DTIIO	
each square/cir- cle, to make	ERRNNU	
four ordi-		

HOW TO PLAY

Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated

Don't let someone else's of \_\_ become your reality. - Les Brown (7,.,3)

## **SPELLATHON**



How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

(As shown by dotted lines in Fig B).

 Crossovers or branches are not allowed. ■ Numbers in the puzzle indicate the

■ You can't draw

just one unique Begin with the zero

next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is

**Hints:** Keep eliminating possibilities by marking crosses in spaces between

**SCRAMBLE** 

Friday's Puzzle Solved

THE DAILY CROSSWORD

ACROSS

Subject of the Caldecott Honor book "The Right

6 Lines of praise 10 "The \_\_\_ Tour": record-setting 2023-24 concert series 14 Butterfly's stage

15 Stroke of luck? 17 City between Bismarck and Minneapolis on I-94

18 \_\_ store 19 Swiss cheese? 21 Camp site 22 Being of Jewish

folklore 24 Unleavened flatbread 25 Band whose work is featured in the

Heels' 28 Go on and on 32 Cool kin 33 Relish

35 Cheek muscle, for short 36 Acrobat's company 38 AQI monitor

39 Played again 40 Brown ermine 41 "\_\_ Baby": 2020 film set during a Jewish

ritual 43 Soul provider 44 Shirley Jackson's

genre 46 Biological building block 48 Emotional wound

50 Assortment 51 Threat to some colonists

55 Seuss reptile 58 Barrier visited by tourists 60 Hawkeye missile

61 One who doesn't like

62 Two-terminal device 63 Trees with oval leaves 64 Sub contractor? 65 Elusive Himalayans Down 1 Jazz motif

to just veg?

2 Ilhan who was the first person to wear a hijab on the House floor 3 Remote target

4 Holiday concoction 5 Extremely tight 6 Omega, in physics 7 Bad lot

8 Bull in a product name 9 Salt, say 10 Theme that plays over the closing credits

11 Hitchcock's first film in color

12 Soon, long ago 13 Third-qtr. month 16 Photogenic 20 Beneficiary of a Sonic boom?

23 Shifts

condiment served with 24-Across 37 Counter points? 42 Über 45 Souped-up junker

25 Refuse

26 Was compelled

27 Some campus

29 Ragtime dance

30 Net income?

34 Yogurt-based

31 Nephric

returnees

47 Nation known for temperance 49 "The Canterbury

Tales" pilgrim 51 Peak parties

52 Time for some wrap 53 Zurich transport

54 Stagger 56 California wine town near Stockton 57 Short-horned bighorns 59 Calendar abbr

LOOP THE LOOP

E × I

2 × 2

3 × 1 × 1

× 1 × 2 3

## **FINOLEX FORTUNE**

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See what the stars have in store for you – according to your moon sign.

ARIES: There is someone who has tried to stir the pot and they won't get too far since you are aware that there's adversity everywhere. You accept the challenge and move forward. TAURUS: Use humor to focus on the lighter side

of life. This helps put others at ease, too. A door closes behind you. On the other side, you realize that change is an opportunity to expand in other areas **GEMINI:** Take a step back from a situation to

allow your mind to rest. You have been using more brain energy but there's also a time to take a break. Someone in your life might not be picking up their fair share of the duties, don't be resentful since it harms you more than helps. CANCER: Something that was lost gets found and you find a new appreciation for this object. There's a need for balance in your day; be sure not to add too much to your plate leaving out what you really want to do.

**LEO:** Take a careful approach to a new work assignment and accept all help that is offered. Funds will become available to allow you to launch a creative project for a local charity. It will feel as if you've been holding your breath until you received confirmation of this offer.

T&C Apply

VIRGO: Let others take control for a while and vou will be able to finally get finished with other projects. Work to encourage a cooperative spirit among colleagues. Waiting until the last minute to get your work done is not going to make the boss happy today.

LIBRA: While it's sometimes better to decide how you'd like to feel and then cultivate that feeling, today it's better to keep it simple with a few tangible and measureable goals. You learn from every interaction. Some lessons improve your mood, and others dampen it.

SCORPIO: A business venture needs a detached and objective approach. Ask for time to think about an unexpected offer. Don't rush things in a romantic relationship. You might admire a new partner's spontaneity but can they really give you the long-term stability you desire?

AGITTARIUS: In the lessons of life, people may skip around learning different things at different stages, but there really is no skipping ahead. So don't be jealous when you notice someone is at a stage that's foreign to you. All in good time. **APRICORN:** Concentration is impossible with all the other ideas floating around in your head. Separate fact from fiction by writing things down. Make sure you're on the same page before starting a big meeting today.

AQUARIUS: You've been through trying times, and this isn't one of them. This is a "doing" time. Strike "trv" from the vocabulary. You already know the right action. Take it. Not celebrating your success would be a mistake. The small wins especially need acknowledgment. These daily tasks are the lifeblood of your hopes and

PISCES: Others are itching for a fight but if you're willing to enlist the help of your friends they will back off very quickly and leave you alone. Don't allow others to drag you into their drama. Focus on personal projects

## **SOLUTIONS TO GAMES/PUZZLES**

## TIMES SUDOKU 1699

TIMES KAKURO

**SCRAMBLE** 7 7 2 9 9 2 7

gene, genie, gent, meet-ing, meting, teeing, TEEMING, tinge **SPELLATHON** 

else's opinion of you become your reality. - Les Brown runner, typity Answer: Don't let someone Words: Boost/boots, idiot,

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THE MOST AWAITED

NEW STOCK ADDED

END OF SEASON

Celebrity astro-numerologist Anupam V Kapil explains your annual moon sign forecast and its impact on your career and health

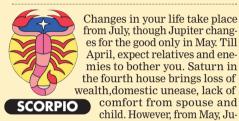


Juniter's aspect on your sign till April brings gains and noteworthy friendships, and is also beneficial for marriage. Those in teaching, acting and training will especially benefit till April. From May, Jupiter will be in the unfavourable eighth house, af-

fecting health, causing fatigue, fruitless journeys and loss of money. However it creates vipreet raj vog giving gains in unlikely situations where you are the underdog and otherwise stand no chance. Buying a new property, renovation or vehicle is very likely between February 12 to March 6 and October 17 to November 6. Misunderstandings and loss of friends is seen in April and May. Saturn in fifth shows decline in prosperity in the second half of the year. Rahu in your sixth house through 2024 is expected to be largely favourable, you shall clear and win litigations. Gain in service through employers or subordinates is seen. Of course, enemies will keep troubling you, but you will simply demolish them. Success in competitive examinations, sports and politics is seen. You will also find loyal servants who will carry out your work efficiently during this period. Spiritual trips will also happen.

Career: Jupiter helps your career till April. Smart gains till January 18, wealth comes between February 1-19 and June 1-14. Career growth and wealth between June 29 to September 22 due to favourable Mercury and Venus transits.

Health: Health needs attention between April 1-16 and May 13 to May end due to Rahu-Mars conjunction in sixth house and Sun-Jupiter conjunction in eighth house, which is quite depleting to health. Guard your liver in the second half of the year, cut down on oily food and avoid liquor. Any efforts made on health and fitness will give very good results, it's a good time to consult a professional.



piter compensates on the wealth front and gives good journeys for auspicious purposes. Rahu in the fifth house puts focus on love affairs, education, planning, intuition, creativity and entertainment sector. Your way of looking at situations and dealing with them undergoes a major transformation as you shall use very creative and intelligent methods to resolve issues. Education of students and children are likely to be affected, you will be worried by their de manding nature too. Not a good period to produce new babies. Avoid wearing grey and black colours. You will have misunderstandings, loss of friends and death of elders who are sick is likely. Love affairs shall flourish.

pirants will get success between January 14 to February 14, April 15 to May 15, June 1-15, and August 17 to October 15. During this period financial gains too shall be quite smart. Rewards, big financial gains, promotions and limelight are indicated on November 18 to December 15. Health: Till April, control your diet, cut down on oil and fat as your cholesterol is likely to increase. Mars-Saturn conjunction in April 5 to 13 and Rahu-Mars conjunction between May 13 to 22, suggests extreme care, especially to those suffering from cardiac issues and digestive issues and the legs. Guard against apoplexy and blood pressure between September 17-30.

Career: Professionals, businessmen and job as-

The year starts on a good note, Jupiter helps in all pursuits till April, as does Saturn in the sixth house throughout the year. Mars is favourable from March 15 to April 23 giving victory, joy and accumulation of gold ornaments.

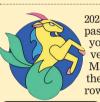


For appointments: ANUPAM V KAPIL 9822042295 or anupamvkapil@gmail.com



er, happiness, vehicles, property matters, education etc. Happiness connected with these will be elusive and a source of concern for you. Disputes with family and relatives, destruction to property, bodily pains, stomach pains and obstacles in job are indicated. Health of your mother will be a concern, do not neglect the slightest health deviations, get prompt medical attention. Property disputes must be settled amicably before April, even if a deal which seems loss making, as anyway a lot of money may be spent on litigation later. Losses in litigation between November 16 to December 16 is seen. Religious travels to the south direction and dips in holy rivers are indicated. Career: Working professionals are subject to sudden transfers and twists in career which are not to your liking. Don't argue with seniors and authorities. February to April, September 18 to October 29 are great for big income and also for new promotions, jobs, contracts in business.

Marriage is possible in January and April. Health: May, July 15 to August 15 are not at all good for your and child's health. November 16 to December 16 is very sensitive as Rahu trains Mars in the eighth house and Sun in the twelfth house, visits to hospitals will be there.



2024 is an exciting year, after passing challenges till April, you can look forward to a very promising year from May. Till April, Jupiter in the fourth house brings sorrow on account of relatives,

CAPRICORN humiliation and danger from quadrupeds. However, from May, Jupiter's aspect on your sign till May 2024, brings royal favour, gain of position, promotion, wealth, happiness from relatives, success in all activities, Saturn brings discipline on your spending and finances and managing family matters within constraints. Rahu is in the third house increasing your willpower, removing obstacles, giving gains through short term travels, siblings, communications and media matters. Satisfaction and completion of works, gains through the schemes you prepare and unexpected big gains, travel opportunities and material pleasures are indicated. Spiritual travels to new places are seen. Health of younger siblings will suffer. Gains from youngsters, friends along with a growth in image is indicated. Gains with people from different backgrounds is seen.

**Career:** Boost in income and sources is seen, but avoid partnerships. Finances shall be good till January 17, March 7-30, April 25 to May 18, promotions, business gains, better jobs are likely in April 25 to May 18, September 18 to November 6

Health: You might have excessive heat and fever between January to February 5. Between June 16-22, Rahu's aspect on sixth house shows be treated but not completely cured, infections of the face/eye are indicated, and act speedily in such an event. ENT and eye issues crop up, get regular check ups done.

Though you are in the middle of your sade sati, Saturn rarely harms you, though it may restrict your free will, as it is in its moooltrikona rashi. Jupiter, the planet of hope has not been favourable

last year, it moves to your **AQUARIUS** fourth house and brings sorrow through relatives

and humiliation. Avoid clashes with bosses, seniors, government in April and May as this could harm your prospects. Good yogas for renovation, buying property, vehicles are seen on January 28 to February 12, May 29 to June 11 and October 13 to November 7, these periods will also see joyous moments at home. Health of spouse suffers in April. Should avoid disputes with neighbours or brothers in last week of May. Rahu in your wealth sector in 2024, induces you to be rough in speech and be manipulative in earning money through unethical means, such money may also be misused for wrong purposes. Loss of wealth is likely, through governmental action or due to being too casual with money matters and spending indiscriminately or on wrong purposes. Despite these trends, transits of Venus-Mercury bring in enough money this year, you will need to be very cautious to save this. Extreme caution is advised in speech as it can create enemies and loss of money. Old debts will be cleared but money will be lost in new ventures due to speculative tendencies and care-

Career: Career gains, new job opportunities, promotions, business growth till February 4, steady growth in March, then June 1 to July 11. Finances shall be excellent till February 20 and from March 7 to April 24, May 19 to June 11, September 23 to October 10, November 7-30 and December is the best period for growth of career and finances.

Health: Sensitive periods for health are April-May, affected areas are heart, face, legs, teeth. avoid any surgery during this period. July 17 to August 15 and September 17 to October 15 are also weak periods for health.



all actions. Post May, is not a good period to start new business or jobs, except as indicated in the career section. For buying property, renovations, vehicles, January 7-31st, June 12 to July, August 26 to October 19 is favourable. Rahu on the moon sign in 2024, brings bodily afflictions or loss, don't trust anyone blindly Suffering to mother possible around April 1-15, August 21 to September 11 and October 17-30. Avoid being guarantor to any loan or bail. Rahu transit clouds your emotions and thought process. Not the best time to marry as Rahu aspect on your marriage and partnership also affects your fathers health. Kids are prone to bad company and bad habits, especially when on vacations, keep a watch. Be alert to fraud and conspiracy.

Career: January to February 15 are fantastic for your career, Finances remain quite good between April 25 to May 18, June to October 20 and December 2-27.

**Health:** Smokers, alcoholics and those with cardiac issues must consult your doctor frequently Being very alert to sudden health deterioration between April 1-15, May 15-22, and August 21-September 11 too is very delicate. Take care of blood pressure from October 17-30. Safeguarding of health is necessary against infection and diseases. Physical and mental unrest due to excessive thinking is seen, yoga and meditation will help, especially the chanting of Rahu mantra.

This forecast is in continuation from December 31, for Libra to Pisces

# Lawyer Ujjwal Nikam awarded for exemplary work in his field

cutor and Padmashri awardee, advocate Ujjwal Nikam was recently awarded the Suryadatta Suryabhushan National Award 2023 for his outstanding contribution in the field of public service and law. He was given a trophy with a map of India, a special scarf made by students of the Pune-based institute, a gold medal, and a citation.

The lawyer was presented with the award by founder president and chairman of Suryadatta Education Foundation, pro-

fessor Dr Sanjay B Chordiya. Commissioner of Police of Pimpri Chinchwad, Vinaykumar Choubey, principal of Suryadatta Law College, Dr Mithilesh Verma, Prof Ketaki Bapat, Prof Monica Sehrawat, and other dignitaries were present on the occasion at the Bansi Ratna Auditorium in the institute's Bavdhan campus.

Previously, the award has been conferred on former president of India, Ramnath Kovind, finance minister Nirmala Sitharaman, scientist Dr K Sivan, socialist Vajubhai Wala, General (Retd) Dr Dattatray Shekatkar, union minister Gajendra Singh Shekhawat, Shyam Jaju, Member of Parliament Supriva Sule, state minister Chandrakant Patil, Dr Shrirang Limaye, Dr Shankuntala Kale, Dr Chandrakant Kokate, IPS officer Vinaykumar Choubey, and others. During



his visit to the institute's law college Nikam also interacted with students and faculty.

The senior lawyer spoke about his journey and shared his experiences from various cases that he handled. He said, "I didn't want to be a lawyer and didn't have any goal to become a special public prosecutor either. But I took advantage of the opportunity that came to me. Self-confidence and rational thinking are qualities of a true lawyer, so much so that if a common man starts talking rationally, we say that he's speaking like

Dr Chordiya added, "Advocate Nikam's judicial contribution will be written in golden letters in history. He is known to be an excellent jurist and a good human being. He has worked as a special public prosecutor in various important cases and shown how a lawyer can serve the country."



I don't know why it is on that list. My mom often makes aloo baingan and I like it, if it were bottle gourd or pumpkin, I would have understood, but aloo baingan are not bad at all. Either I am the weird one for liking this or my mom is a great cook that she can make tasty aloo baingan.

ust one Indian dish has made it to the list of 100 worst foods in the world, and it's Aloo Baingan. On the 60th spot, this announcment has generated mixed responses and de-

bates over the rating online. While some shared opinions on how they actually feel Aloo Baingan is the best dish they have ever had, others pointed out a variety of dishes that should have been on the

On the website, Aloo Baingan was described as a "simple and flavourful dish made with a combination of eggplants and potatoes, cooked together with onions, tomatoes, and various spices." Check out some of the responses:

Ishwar Singh 📀 @IshwarBagga

It cannot be ranked below Karela(Bitter Gourd).

oreo\_thefluffyboss Lol... this is insane... baigan is love. Go to indian villages and you will see how its really made. Vegetable we get there and in cities have different Tastes, and in cities is almost negligible. Also, the style of cooking is way better there. Inko bolo humari nani dadi se banwayein n fir rate karein... sahi bat hai inki chef or mummy achcha nhi banati to hum kya karein 😂 😂 😂

ranjeetkhanduja The Maharashtrian version of Aloo Baigan ( Rassa or curry) is probably the best vegetarian dish I have tasted in my life. It depends on how it is cooked.

## **SUDOKU CHALLENGE**

Level: Mediun



HOW TO PLAY

Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

## **TIMES KAKURO** 10

HOW TO PLAY

The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one

(Fig A)

2

3

. . . .

Not allowed (Fig B)

Note: A digit cannot apany particular digit combination. For instance in the example, we cannot have the combination of 8+4+8 for 20.











## **SPELLATHON**

**Today's Ratings:** 10-average | 11-good | 13-outstanding



How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British **English Dictionary is** used as reference.

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## **LOOP THE LOOP**

■ Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). ■ Crossovers or branches

are not allowed (As shown by dotted lines in Fig B). ■ Numbers in the puzzle

indicate the number of lines that should surround it, while empty cells may be surrounded

by any number of lines. ■ You can't draw lines around zeroes.

■ Each puzzle has just one unique solution

How to begin: Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three

2 3 2

3

3

spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic. Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B)

## **SCRAMBLE**

Rearrange the letters in the four word jumbles, one letter to **GSEEE POONS ESULLN** IIVYFV

HOW TO PLAY Now arrange the letis the beginning ters in the circles to form the answer to of a lifelong romance. the riddle or to fill in Oscar Wilde (4,7) the missing word as

## **SOLUTIONS TO GAMES/PUZZLES**

LOOP THE LOOP TIMES SUDOKU 3 × × 8 6 2 8 1 7 9 9 2 × Z × Z × 3 × 5 2 × 3 Ŝ 3 × Ô × S 8 E 6 Z 7 9 Z 5 L Z 9 L 5 6 8 E 7 ××

## TIMES KAKURO

| 1 | 6 | 2 | 1 | 1 | 6 | 9 | 8 | 2 | 1 | 6 | 9 | 8 | 2 | 1 | 6 | 9 | 8 | 2 | 1 | 6 | 9 | 1 | 6 | 9 | 1 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 | 6 | 1 |

UNAIDED, undid aluea, aude, aune, idea, nude,

ot a litelong romance. - Uscar winde Answer: To love oneself is the beginning Words: Geese, snoop/spoon, sulien,

SCRAMBLE